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A. T. Hovannessian

Raw Eating

Finally, the cure of all diseases is discovered
Raw Veganism is the only treatment

There is no disease for Humans

The reasons of illnesses are: animal products consumption,
eating cooked stuffs, taking medicines and chemichals

By "Raw-Eating", all simple or heavy sicknesses will be cured

There is no food shortage, even there is a groceration,
Raw vegetables & fruits are the only real foods

Carnage and animal eating
turns people into senseless brutal beasts

Tehran

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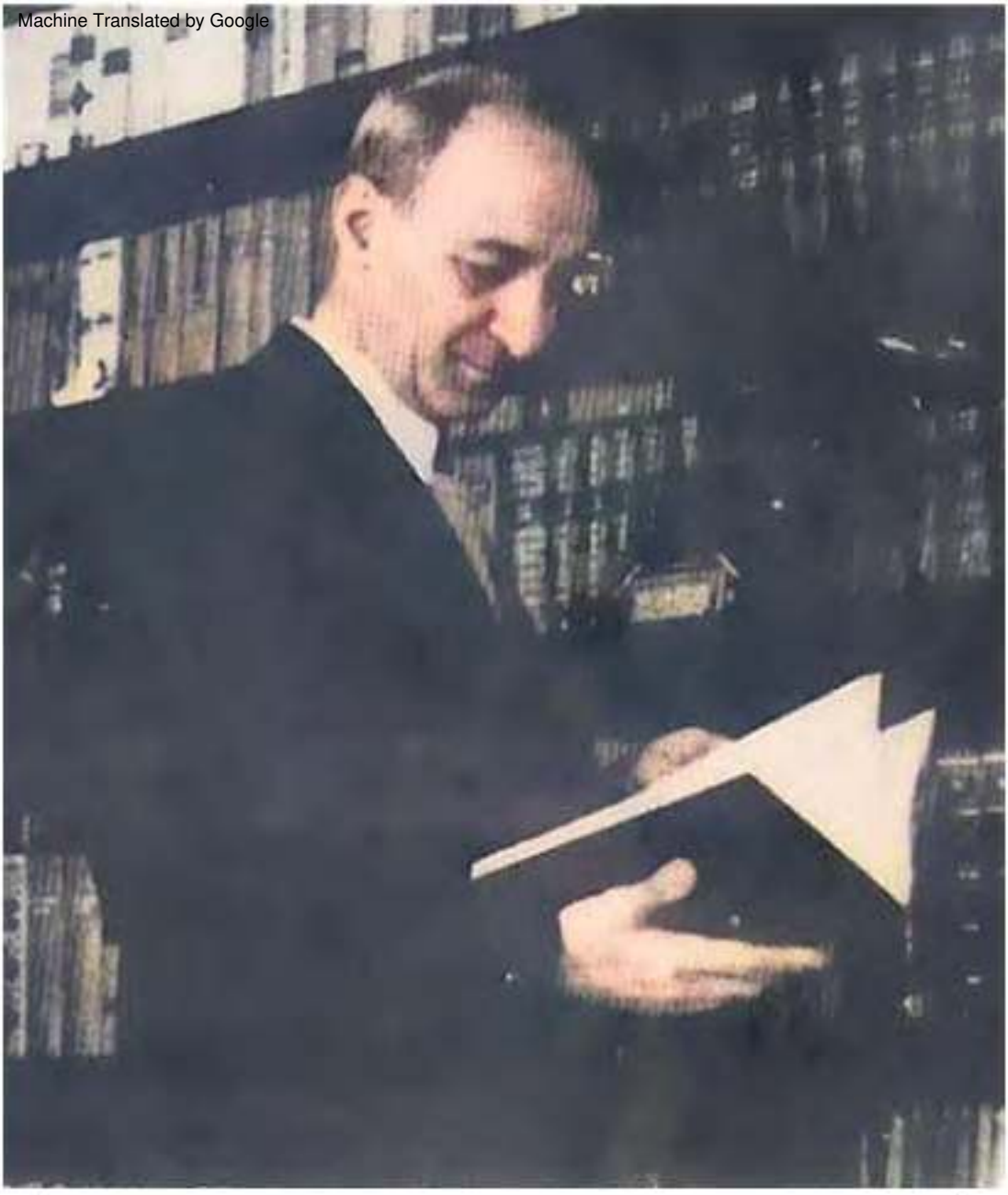

Arshavir Ter Hovannessian, munyori webhuku rino, akange achifa nekumanikidzwa na zvirwere zvakasiyana-siyana makore 19 apfuura, iye zvino akaponeswa zvachose kubva mumatambudziko ake ose ne-raw-veganism, uye pazera remakore 75, ane hutano hwakakwana nesimba rejaya. Yak chiitiko chemazuva ose ndechekuratidza vanhu kuti zvirwere zvese nezvimwe zvinosuwisa pasi rino zvinokonzerwa nekudyiwa kwechikafu chakabikwa (chakaurawa) nemishonga yemakemikari nezvimwe zvakafa.

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ARSHAVIR TER-HOVANNESSIAN (ATERHOV)

KUDYA MASHOKO

Nyika Itsva Isina Zvirwere, Huipi uye Chepfu

Odha uye Kuparadzira **RAW-ETING**

Kuparidzirwa kweMAKASI-KUDYA NDIYO YAKAKANYANYA UYE
BASA RINONYANYA NEVANHU MUNYIKA INO

Shanduro: Chirungu 3rd edition yakadzokororwa + Persian th edition (1976) &
Kabhuku kePezhiya kanonzi "Cooked eating, a deadly addiction" (1980)
rakashandurirwa muchiRungu.

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Zviri mukati

PREFACE ku2ND EDITION……..1

CHIKAMU CHEKUTANGA

Matorero andakaita pfungwa yeKudya Mbishi……..2

Kushanda Kwakanaka Kwefekitari Yese kunoenderana neUniform Supply yeZvose Raw Materials Zvinotsanangurwa naInjiniya…….

Zvirwere Zvokudya Zvakanangana uye Zvisina Kunanga……

Sero reCancer ndiyo Inoberekera Chaivo cheChikafu chakasakara ……,,,..7

Kupindwa muropa neChikafu Chakabikwa Ndiko Kune Ngozi Kupfuura Zvese Zvimiro……..9

Kudiwa Kwekudya Kwakabikwa Haisi Nzara ……11

Kudya Kunomanikidza Mitezo Yemunhu Kushanda Nekatatu kusvika Kuna Kugona Kwavo Kwemazuva ose …….

Kudya Kwevanhu Kunofanira Kusanganisira Masero Ekurarama, Kwete Zvitunha……14

Kuona Pfupi Ndiko Kukanganisa Kwakanyanya Kwekurapa Sayenzi……15

Huremu hweMunhu Anodya Akabikwa Hahugone Kuonekwa seChiyero cheUtano Hwakanaka..16

Hapana Mushonga Unogona Kutsiva Zvinhu Zvokudya Zvakaparadzwa Pamoto ……18

Kudya Kwakabikwa uye Kurapa Kwezvinodhaka Zviri Kutungamira Rudzi Rwevanhu Kuparara Kwakaperera ……22

Zvokudya Zvakasikwa Hazvifanirwe Kushandiswa naVanachiremba Senzira Dzinongoshandiswa Nenguva pfupi Yokurapa ……

Hatifanire Kugumbura Kuvimbika kweZvinhu Zvemunhu……..26

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Zvirwere zvinozvarwa sei……

Ndiyo Mhosva Yakaipisisa Kujairira Mucheche zvinhu Zvakabikwa ……..38

Gastrolatrous Biologists Anofanira Kuratidza Kuti Zvisikwa Zvakaita Chikanganiso …….42

Mwana Mucheche Anovenga Kuravira kweChikafu chakabikwa ……43

Tsika Yekudya Mbishi Mumhuri Yangu……..45

Ese Tsika Dzakashata uye zviito zvehutsotsi zveMunhu Migumisiro yeKudya Kwakabikwa……..48

Kubata Kwekudya Kunofanira Kungogumira pakutsiviwa kweKudya Kusina Chimiro neNzira Yakasikwa Yekudya ……48

Kushandiswa kweArtificial Vitamins neMicherwa Kunofanira Kumiswa ……..50

Kuenzanisa Pakati Pehutano Hwekudya Mbishi uye Kubikirwa Kudya muVana ndiyo Nzira Yakanakisa Yekusimbisa Kukuvadza Kunoitwa Nekudya Zvokudya Zvakabikwa…….55

Masangano eSainzi uye Mapato Ehurumende Ane Basa Anofanira Kuongorora Dambudziko Rekudya Mbishi Pasina Kumwe Kunonoka……56

Hachisi Chivi Kutaura Chokwadi ……57

Hapana Chipingamupinyi Chemutemo Chiripo Kupesana neKuparara kweZvigadzirwa Zvakanangana neFekitari Yevanhu…….58

Raw-Eating Inopa Mabhenefiti Akanyanya muhupfumi hweveruzhinji…….59

Wese Munhu Anofanirwa Kuziva Chaiyo uye Intergral Raw Materials eMuviri Wake ……..60

Zera Rokubikwa-Kudya ndiro Zera Iro Kupindwa muropa, Kutenda mashura uye Utachiona Hukurusa…….

Appendix……..65

CHIKAMU CHECHIPIRI

Kuvakwa kweHuman Organism……..69

Chii chinonzi Nutrition?..... 74

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Mhando dzese dzemuriwo dzakasvibirira dzinosanganisira Zvimwechete Zvikamu……76

Hunhu hweMapuroteni, Mavhitamini neMicherwa Hachichafaniri Kuumba hwaro hwenhaurirano……..81

Muviri chaiwo uye Muviri Wenhema……

Zvirwere Zvinokonzerwa Nekutyorwa kweMitemo Yezvakasikwa……..94

Kuramba kweMunhu kuzvirwere zvinotapukira kunopera simba kubva kuchizvarwa kusvika Chizvarwa……..106

Gomarara ndiyo Mhedzisiro yeKuderera Kwakanyanya KwemaSero…….……..…..112

Kushanda uye Mutengo weKugadzira Chikafu Chakabikwa Hapana Chiri Asi Sheer Waste125

Mushonga WeMudyi Wakabikwa Isainzi Yakarasika Yakakwana……..130

Vanhu Parizvino Havasi Kuva Nebudiriro……..138

NGATIRARAME……..146

CHIKAMU CHECHITATU

Zvakaitwa neRAW-ETING……155

Chii chinofanira kudziviswa? …….220

Adventure yeTehran RawVegans Association…….222

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PREFACE kusvika 2nd EDITION

Chikamu chekutanga chebhuku razvino chakabudiswa muna 1963 pasi pemusoro weRAW-EATING. Mune iro vhoriyamu diki, iro raisanganisira pfupiso pfupi yemafungiro angu pamusoro pekudya, ndakanga ndabata pane zvese zvakakosha zvekudya-mbishi. Kazhinji kutaura, hapana chikonzero chekupinda mune zvenguva refu kuti uzivise pasirese chokwadi chakapfava chekuti mashandiro ekubika nekunatsa, nenzira iyo zvinovaka muviri zvinodzikiswa kuita zvinhu zvisiri zvechisikigo, hakusi kungokuvadza mashandiro ayo. kutyora mitemo yezvakasikwa, asi ndivo honzeri huru yezvirwere zvese. Munhu asingazivi zvikuru anogona kuona zvakajeka kuti, panzvimbo pokusunungura vanhu kubva kuhosha, sayenzi yezvokurapa inobva pazvokudya zvakabikwa nemishonga ine chepfu inotungamirira vanhu kupinda muhosha dzakawanda dzakakomba, umo zvimwe zvisikwa zvipenyu zvose zvinodzivirirwa.

Pashure pokunge angorava mitsetse mishomanene pamusoro penhau yacho, munhu anoona zvakajeka anomuka mukusakendenga kwake uye anoziva kukomba kwakazara kwemamiriro acho ezvinhu. Ruzhinji zvikuru rwavanhu, zvisinei, ruchipofumadzwa nemirangariro yazvino uno yesayenzi yezvokurapa uye kufungira mano akaipa nemirangariro yakawanda yagara ichizivikanwa, inoshuva kuva namamwe mashoko pamusoro penhau yacho. Ndokusaka, muchikamu chechipiri chebhuku rino, ndauya mberi nekuwedzera uye netsananguro dzakadzama pane yakati wandei yemibvunzo yakakosha. Panguva imwecheteyo mukana wakatorwa wemukana wekuita zvidzokororo zvishoma zvishoma uye kugadzirisa muchikamu chekutanga. Mukati mechinyorwa chokutanga chebhuku pfungwa yokudya mbishi yakanga ichiri mumatanho ayo ekare; nhasi yave kushandiswa munyika dzakawanda zvikuru. Kupfurikidza nokurega zvokudya zvakabikwa nemishonga ine chepfu, zviuru zvavanhu vanonzwisisa munyika yose zvakazvirapa zvimene pahosha dzazvo dzenguva refu uye zvino vava kukwanisa kufarikanya upenyu husina hanya hwoutano nomufarwa. Pakupera kwebhuku ndakapa sarudzo shoma yetsamba dzakawanda dzakagam

Kana muchina mutsva kana chiridzwa chikagadzirwa, miyedzo mishoma yakabudirira inoonekwa yakakwana kusimbisa kana kuratidza kugadzirwa ikoko. Nhasi, zviuru zvevanhu vane utano hwakanaka pasi pose zvinoratidza kuti ndizvo

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kudya mbishi kunoponesa vanhu pakubatwa noutsinye kwezvirwere zvose zviri panyika. Mumwe angave akafunga kuti izvi zvaizova zvakakwana kumutsa nyika yesainzi kubva mukusakendenga kwayo uye kupwisa munhu wose nezvezvakanakira zvikuru izvo kudya mbishi kunounzira isu tose.
Nhasi vanhu vakapofumadzwa nokupindwa muropa nokupindwa muropa vanoronga misangano yamarudzi akawanda yokurwisa kunofungidzirwa kuti kuperevedza kwezvokudya munyika yose ndokupa hurukuro dzisingagumi pamusoro penhau dzinosekesa, nepo 80 muzana yezvokudya chaizvoizvo zvatakapiwa nenzira yomuzvarirwo zvinoparadzwa zvisina mufungo namaoko avo vamene kupfurikidza nokubika nokunatsa.

Ini ndinokumbira kune vese vechokwadi vanopa rubatsiro kuti vasimudze mazwi avo uye nekuramba vachikumbira kukoka zviremera kuti zvitore matanho ekukurumidza kuisa misimboti yekudya mbishi kuita. Yakwana nguva yekuita.

CHIKAMU CHEKUTANGA

Matorero andakaita Idea yeRaw-Eating

Chikafu chakasvibirira chevegan chinofanira kunge chiri chega chikafu chinotorwa nemunhu. Tsika yekudya chikafu chakabikwa inofanira kuregwa munyika ino kamwe chete zvachose. Ichi ndicho chido chisingakanganisi chezvisikwa. Kudyiwa kwechikafu chakabikwa ndicho chinonyangadza chakanyanya munhoroondo yevanhu, hutsinye husina munhu anoita seanozviziva uye hunowira munhu wese asingazive. Hazvinei hazvo nokuti pfungwa yacho ingaratidzika kuva yechienzi sei kuna vamwe, izvokwadi yakakwana yatisingagoni asi kubvuma nayo.

Iri chokwadi rakava pachena kwandiri apo, pashure pamakore 18 okunzvera nokungwarira, ndakava anopwiswa kuti rufu rwavangu 10-
mwanakomana ane gore nemwanasikana ane makore 14 okuberekwa vakakonzerwa nekudya kusiri kwemusikirwo. Huwandu hukuru hwekuongororwa kwekurapa kwakaitwa muPersia, France, Germany neSwitzerland mukuedza kwakasiyana kwakaitwa kuwana chimwe chirwere muzvipenyu zvavo uye kutonga kwakatevera kwemishonga yakawanda kwakave nechikamu chikuru, zvakare, mukuunza dambudziko kumusoro. Vana vangu vakafa nokuwonda zvishoma nezvishoma uye kupera nhengo dzavo dzose zvichikonzerwa nokudyisa kusiri kwomuzvarirwo uye nemishonga ine chepfu.

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Ndakakwanisa kupinda muzvakavanzika zvesayenzi yezvokurapa uye kucherekedza mativi ayo akanaka neakaipa nenzira yakajeka zvikuru, nokuti handina kufuridzirwa nekariro yokuva chiremba kana kuti kuwana mhindu ipi neipi yemari. Kurudziro yangu yanga iri pekutanga chishuwo chekuita nepandinogona napo kupora kwehutano hwevana vangu vandinoda, uye gare gare chishuwo chikuru chekusimudzira ndangariro dzavo nekubatsira vanhu.

Chimwe chinhu chakaita kuti ndinyatsonzwisisa zvikanganiso zvesainzi yezvokurapa ndiyo hurongwa hutsva hutsva hwandakaita nayo zvidzidzo zvangu nekuzvidzidzisa, mahara kubva mukumanikidzwa kwechirongwa chedzidzo. Handisati ndambodhakwa nokutaura kwokuwedzeredzwa kwokufambira mberi kunoitwa nokuda kwesayenzi yezvokurapa kana kuti nengano dzose dzokufungidzira dzebetsero dzinoshamisa dzinobva mumishonga. Ndasvika mibvunzo iyi nepfungwa dzakatsoropodza uye ndagara ndichiisa kushushikana kukuru pakukanganisa kwavo. Uyezve, ndagara ndichiona chokwadi chokuti, pasinei nokuvapo kwemamiriyoni evanachiremba vanokwanisa uye nhamba huru yevahwina mubayiro weNobel, vanhu vakabudirira vanobatwa nezvirwere zvakasiyana-siyana kakawanda kupfuura dzimwe mhuka dzipi nedzipi, uye hosha dzakadai sesclerosis. , chirwere cheshuga, hosha dzemwoyo uye kenza zvinowedzera pamwero unotyisa, zvichityisidzira kuparadza rudzi rwomunhu pasi pano. Handina kutambisa nguva yangu mumusoro zviratidzo zvehosha, mazita nemadose emishonga uye akawanda akaomesesa mafomula asingawanzo kudiwa, nekuti handina kumbobvira ndave nechinangwa chekunonyorera bvunzo nekutora madhigirii. Pane kudaro, kusvika pazvinogoneka, ndakapa nguva yangu pakudzidza kwemapazi akawanda esainzi uye kuongororwa kwezviwanikwa zvakasiyana-siyana zveruzivo, kubva pamisimboti yakakosha uye yakajairwa yandakakwanisa kutora zvimwe zvakakosha, mhedziso dzi

Miuyo yamakore 18 efundo yokushingaira nebasa yakabatanidzwa mubhuku remavhoriyamu maviri makuru, rokutanga racho, bhuku remapeji 568, rakabudiswa muchiArmenian muna 1960.

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Iko Kushanda Kushanda Kwefekitari Yese kunoenderana neUniform Supply yezvese Raw Materials Zvinotsanangurwa nelnjiniya.

Kusvika pakuwanikwa kwemoto, pamwe chete nedzimwe mhuka dzese, munhu aive agadzira uye aita shanduko yake nekushandiswa kwechisikigo, chikafu mbishi. Asi kubva pakawanikwa mwoto, pasina kunyatsofungisisa, vanhu vakaisa zvokudya zvepanyama pamoto, vakaparadza zvinhu zvavo zvinokosha, vakazvideredza uye vakadyisa miviri yavo nazvo. Somuuyo wakananga, kwave kuchiguma nehosha dzose idzo rudzi rwose rwomunhu runotambura nadzo nhasi.

Chipenyu chemunhu ifekitari mhenyu inovakwa nekuedza kusingaperi kwezvisikwa. Panguva imwe cheteyo, nekuvakwa kwefekitori iyi, hunhu hwedu hunoshamisa hwakashandisa mwaranzi yezuva kugadzira zvese zvigadzirwa zvinodikanwa kurongedza zviuru zvekushanda kwakaoma kwechipenyu chedu uye kuve nechokwadi chekugadzirwa kunoenderana. Pamusoro pezvo, zvisikwa zvakaisa izvo mbishi mukukwana kwazvo uye mukuwirirana kusingakanganise kwezvakasiyana-siyana mu tsanga diki yechibage, mupupu mhodzi yepomegraneti, mubheri remuzambiringa kana mushizha rechirimwa. . Chimwe nechimwe che "paltry" chikafu chinotorwa chakaparadzana chine zvese izvo zvinodiwa kuchengetedza hupenyu hwemunhu akafanana nemunhu.

Munyika yenyama kutsauka kudiki kubva pane zvakadzama inogadzirwa nainjiniya kuitira kushanda zvakanaka kwemuchina wefekitari, kana kukanganisa mumidziyo yakatsanangurwa kuti ive nechokwadi chekubudirira kwayo, zvinokonzeresa kuputsika kunoenderana mukushanda kwechirimwa. Nenzira imwecheteyo, kuderera kudiki kana kushandurwa kwezvinhu zvakasimwa zvakatemerwa nemasikirwo kuti ive nechokwadi chekushanda kwakaomarara kwemaitiro akaomarara emunhu kunokonzera kusagadzikana mune zvakajairwa biological mabasa enhengo dzedu uye kusagadzikana uku kunoonekwa nenzira yezvirwere.

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Mitoo yakasiyana-siyana inoshandiswa nomunhu mukuparadza kana kushatisa zvinhu zvakadzika-dzika zvakakwana zvakatemerwa nomusikirwo nokuda kwekushanda kwenguva dzose kwomuviri wake hazviiti kufunga. Nechinangwa ichocho, murume akabudirira akagadzira mafekitori emadhimoni, mahovhoni, mavira uye makicheni. Kudzikira kwega kwega mumhando yezvikafu zvechisikigo kunoteverwa nekuderera kunowirirana mumuviri wemunhu. Kudya kwechisikigo kunovimbisa kushanda kwakajairika, kwemuviri wedu, nepo kudya kusiri kwechisikigo kunoteverwa nekubuda kusingaite kwemabasa ayo. Kuwanda kwezvirwere zvinokonzerwa nekusiyana kukuru kwekuderera muzvikamu zvezvokudya zvepanyama.

Kunze kwekuti zvese zvaanoda zvinogutswa nemirairo yezvakasikwa, the chipenyu chevanhu, chinova chipenyu chakakwana kwazvo mumhuka, chinogona kurarama muhutano hwakanaka kubva pamakore mashoma 150 kusvika pamakore 200-250. Zvokudya zvakabikwa zvinomanikidza nhengo dzevanhu kuti dzishande nesimba radzo kakawanda, dzinonetesa nguva isati yakwana, zvinokonzera zvirwere zvakasiyana-siyana uye dzinopfupisa upenyu hwomunhu kusvika pachidimbu chenguva yahwo yenguva dzose.

Munguva yazvino yefambiro mberi yesayenzi, munhu aigona kubvisa hosha dzose kupfurikidza nokusadya chose chose zvokudya zvakabikwa uye iye aigona ipapo kupa simba rake mufundo yezvinetso zvoupenyu hurefu bedzi.

Panguva imwe cheteyo, nekudya kwechisikigo, munhu anofanirawo kuva nechokwadi chokuti zvimwe zvose zvaanoda zvomuzvarirwo zvinogutswa. Idzi mweya wakachena, kukurumidza kurara, kukurumidza kumuka, kushanda nesimba, kurega kudziya zvinogadzirwa, utsanana, nezvimwe zvakadaro.

Zvakananga uye Zvisina Kunanga Zvokudya Zvirwere

Zvirwere zvinovaka muviri zvakakamurwa kuva mapoka makuru maviri: zvakananga uye zvirwere zvisina kunanga. Zvirwere zvinovaka muviri zvakananga ndeizvo zvinokonzerwa nekuwanda kwezvimwe zvinovaka muviri kana kushomeka kwevamwe. Zvikafu zvemoto uye zvemhuka zvine mhedzisiro yekuisa pfungwa uye kuwedzera mapuroteni nemafuta mukudya, nepo panguva imwechete ichibvisa zvinhu zvehukoshi hwepamusoro. Sayenzi kusvika pari zvino yakwanisa kuziva nhamba isingatarisirwi yezvinhu izvi, izvo zvakanzi mavhitaminzi uye pasina izvo hupenyu.

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haigoni kuvapo. Pakati pezvirwere zvakanangana nezvokudya zvinovaka muviri zvinofanira kuiswa zvirwere zvisingaperi uye zvirwere zvinoshaya. Zvirwere zvinokura nekunonoka kwakanyanya uye zvakavanzika. Chero bedzi chirwere chisati chapinda mumatanho ekupedzisira uye nhengo dzisina kumira kushanda, munhu anozvitora seane hutano. Muchiitiko chekushaikwa kwechikamu uye kusanganiswa kwevhitamini, chirwere hachiratidzi zviratidzo zvakanyanya kune avitaminosis, iyo inotsanangurwa mumabhuku ezvinyorwa; asi inoita kuti ionekwe nekunyunyuta izvo zvisiri nyore kutsanangura.

Zvirwere zvisina kunanga zvekugaya ndizvo zvirwere zvinotapukira. Muchipenyu chemunhu munogara makawanda akasiyana siyana ehutachiona ayo mumamiriro ezvinhu akajairwa anopa basa rinobatsira kune chipenyu uye ari pasi pekutonga kweakasarudzika (akasiyana) maseru emunhu, kune iyo mirairo yavanoteerera. Asi kuburikidza nekudya kwakashata masero akapera uye akaonda anopera simba zvekuti neMutemo weKupona iwo hutachiona hunowana ruoko rwepamusoro, anozvisunungura kubva pakutonga kwemasero iwayo, anopandukira vatenzi vawo, anova pathogenic uye akonzeresa zvirwere zvinotapukira zvakanaka- zvinozivikanwa kwatiri. Dzimwe nguva uto rinopinda nechisimba rekurwisa tupukanana, iro ringadai rakasangana nekupikiswa kusingadzivisiki mumutumbi une hutano uye hungadai hwakaparadzwa kamwechete, usasangana nekupikiswa kwakadaro mumutumbi wakaonda uye unokonzeresa hutachiona hwayo.

Muchikamu chechipiri chebhuku rangu rechiArmenian, ndakapa nzvimbo yakawanda kune dambudziko rezvirwere zvinotapukira, kuitira kuongorora kwandakaongorora zvimwe zvikamu zvevhoriyamu yekutanga yenyaya ye "Pathological Anatomy uye Pathogenesis yeHuman Diseases" ne. musayendisiti akakurumbira weSoviet IV Davydovsky, rakabudiswa muna 1956. Nokushandisa zvinhu zvakawanda zvinogutsa, munyori anoratidza kuti haasi ma microbes pachawo ane mhosva yekukonzera zvirwere zvinotapukira, asi mamiriro asina kunaka emuviri, kuderera kwesimba rayo. immunity. Asi zvinosuruvarisa, sevose vakapindwa muropa nezvokudya zvakabikwa, Davydovsky, zvakare, haakwanisi kutsanangura kuti tingadzorera sei kudzivirirwa kana, zviri nani, kudzivirira kuderera kwayo.

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Kutya utachiona kwakavhundutsa varume zvokuti kuti vazvitize vanotora matanho ane ngozi zvikuru asi vanowana migumisiro yakasiyana zvachose. Kubikwa kwechikafu chakabikwa kuitira kudzivirira utachiona ndechimwe chezvikanganiso zvakanyanya musainzi yekurapa.

Hatigoni kutsakatisa utachiona pasi pano. Iwo anowanikwa kwese kwese, achagara aripo uye anogona kupinda zvipenyu zvedu kuburikidza nematanho akawanda. Kunyanya, nekubika chikafu chedu isu chekutanga tinopedza simba kurwisa kwemasero edu uyezve tinoparadza muzvokudya zvedu izvo zvinorwisa mabhakitiriya izvo zvakatemerwa nemasikirwo kurwisa utachiona. Kunyange avo vanachiremba vakapindwa muropa nezvokudya zvakabikwa vanosimbisa kuti mavhitamini akawanda, ayo anoparadzwa pamoto, ane mabhakitiriya. Ndicho chikonzero nei mhuka dzinodya murwi wemarara dzisinganyanyi kubatwa nezvirwere zvinotapukira sezvinoita munhu.

Sero reCancer ndiyo Yevana Yakananga Yekuparara

Zvokudya

Vakawanda vanodya zvakabikwa vanokombamira kudavira kuti nemhaka yokuti munhu akadyisa zvokudya zvakabikwa kwamazana amakore pakupedzisira, anofanira kuzvijaira uye angatambura zvino kana akatanga kudya zvokudya zvakabikwa kamwe chete. Nemamwe mashoko, kana takazadza mota ine peturu yakasviba uye yakaderera kwenguva yakati, injini inogona kunge yajaira uye inogona kukuvadzwa kana peturu yakasviba ikatsiviwa nemafuta akachena.

Kutanga kwazvose, nhambo yezviuru zvishomanene zvemakore haisi chinhu kana ichienzaniswa nemabhiriyoni amakore umo, pamwe chete namadzitateguru ake, munhu akarārama ndokusimukira pazvokudya zvakabikwa bedzi. Kunze kwezvo, kuti munhu haasati, kutaura idi, kuva anogarwa nezvokudya zvakabikwa kunoratidzirwa nokuvapo chaiko kwehosha, iyo inonyangarika uye chipenyu chinobva chadzokera kumabasa ayo enguva dzose kana munhu angowana zvokudya zvisina kubikwa.

Ichokwadi kuti nemirairo yekushanduka-shanduka muviri wedu unoedza kuchinjika pacharo kuzvokudya zvaichigamuchira, asi kwete nenzira iyo vamwe vanhu vanofungidzira. Izvo zvinovaka muviri zvechikafu izvo zvakakosha kune yakaoma maitiro uye yakakosha mabasa makuru emasero anoparadzwa nyore pasi pesimba remoto. Naizvozvo, the

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Zvikafu zvinonzi zvinovaka muviri nevanodya zvakabikwa zvinoshaya izvo zvakakosha zvinoumba, asi panzvimbo pazvo zvine mapuroteni akawanda, mafuta uye makabhohaidhiretsi, kakawanda kudarika zvinodiwa nemasero.

Nekuramba vachinyimwa izvo zvinovaka muviri izvo zvakakosha pakuita mabasa awo epamusoro, maseru haawane kukura kwawo kuzere nehunyanzvi kana, kana angozviwana, anozorasikirwa nehunyanzvi hwekuita mabasa iwayo. Mushure memakore akati wandei ekushayiwa uye kutsungirira, kunouya zuva apo imwe yeanoverengeka emamiriyoni emaseru, akanyimwa kugona kwavo kwasara, anozosunungurwa kubva kumaitiro anodzikamisa kukura kwemaseru. Ivo vanobva vazvipatsanura kubva kuhupenyu hwemunharaunda, vanova vanozvimiririra uye nechisimba vanomedza izvo zvekugadzira matishu izvo zvinoshambira mu-inter-cellular fluid muhuwandu hukuru, zvakarambwa nemasero akajairwa seakanyanya kudarika zvavanoda, uye izvo zvinodadisa. inorumbidzwa ne gastrolatrous biologists - mapuroteni (kunyanya mapuroteni emhuka), mafuta uye zvose nitrogenous zvinhu. Mushure mezvo vanokura nekumhanya kunotyisa, vasingateereri uye vachizvidza, uye vanowanda nenzira isina kurongeka kuti vaumbe guru rinotyisa, chisikwa chitsva chipenyu, icho mukufamba kwekukura kwacho chinokunda, chinoparadza zvose zvakaipoteredza uye pakupedzisira zuva rimwe rakanaka. inoderedza chivakwa ichocho chinoshamisa, muviri wemunhu. Zita rechisikwa chitsva ichocho gonza. Ndivo vana vechokwadi vezvokudya zvakabikwa, humbowo mhenyu hwekuti masero anochinjirwa sei kune chir
kudya.

Upenyu pahwakatanga kuoneka panyika yedu, zvinhu zvakasikwa zvaiva nazvo
Chete chinhu chekutanga chekuvaka (mapuroteni, mafuta uye makabhohaidhiretsi), kubva kwaakabudirira kugadzira yekutanga-sero zvipenyu. Kungofanana nekuwedzera kwecylinder, mudziyo kana ruzivo rudiki muinjiniya anowedzera basa idzva kufekitari yake, saka nekuzowedzera chinhu chitsva kumidziyo yayo yekuvakisa (miviri yemiriwo), zvakasikwa zvinowedzera basa idzva kunhengo dzemhuka. Iri basa rakaoma rakachengeta zvisikwa zvakabatikana kwemabhiriyoni emakore, mukati menguva iyo yakagadzira zvigadzirwa zvayo kubva kune bhakitiriya rinozivikanwa kusv

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michero yatinoziva nhasi, uye kuburikidza neiyo yemidziyo yemuriwo, asi panguva imwe chete nekushanduka kwayo, yakagadzira mhuka ine sero rimwe chete iyo yayakagadzira kuita mhuka inoshamisa.

Sezvineiwo, mushure mekuwanikwa kwemoto, kushanduka kwechisikigo kwemunhu kwakamira uye, zvakatoipisisa, iri kudzokera kumashure nenhanho yehofori. Moto uye dzimwe nzira dzinosekesa dzekuora dzakagadzirwa nemunhu akabudirira zvinoparadza zvese izvo zvepamusoro zvinovaka muviri izvo zvakachengetwa mukati memabhiriyoni emakore muzvokudya zvechisikigo uye nekudaro mumasero emhuka, uye zvidzore kurudzi rwavo rwechinyakare, asi nekushinga kukuru kwavanopa. zvinhu zvinonyanya kuvakwa zvinobatira kuve nechokwadi kukura kusina chinangwa kwemasero iwayo. Maseru egomarara ndiwo echokwadi sampuli dzeaya ekutanga maseru. Kune vanosaona zvipenyu zvinhu zvekuvaka zvemuviri mapuroteni, kureva matombo chete uye zvidhinha zvechimiro chakajairika. Ivo havafarire marudzi akasiyana-siyana emadhaka uye mune zvakawanda zvakadzama izvo zvakakosha pakuvaka fekitori yakaoma, uye iyo isipo mubeefsteak kana barbecu

Muvhoriyamu yechipiri yebhuku rangu rechiArmenian, ndapedza rinenge 300 mapeji ekuongororwa kwedambudziko rekwakabva kenza. Nechinangwa ichi, ndakaongorora chinyorwa chakakosha chakaitwa neakakurumbira American cytologist EV Cowdry yakanzi "Cancer Cells" (1955), inova ndiyo inopedza kudzidza kwakasiyana-siyana pamusoro penyaya uye iyo inounganidzwa zvese zvakakosha zvidzidzo, data, pfungwa nemhedziso zvakaburitswa nemasayendisiti akawanda anozivikanwa. Pahwaro hwe data rekutsvagisa rakawanikwa neve cytologists pachavo, ini ndanyatso ratidza kuti maseru egomarara anobva mukushaikwa kwezvakanyanya zvinovaka muviri zvinovaka uye kuwanda kwezvinhu izvo zvakajairika zvekuvaka zvinokurudzira kukura kusina chinangwa kwemasero.

Kupindwa muropa neChikafu Chakabikwa Ndiko Kune Ngozi Kupfuura Dzese Vice

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Muverengi angashamisika nenzira yomuzvarirwo chikonzero nei pasina nomumwe wamasayendisiti mazhinjisa namapurofesa anoona idzi zvokwadi dzakapfava uye nei pasina munhu anotiudza kuti muitiro wokudya zvokudya zvakabikwa hausi womuzvarirwo uye une ngozi. Chikonzero ndechekuti vanhu vese vakapindwa muropa nechikafu uye kupindwa muropa nechikafu kwakapofumadza munhu wese. Hapana anoziva kuti kubikwa-kudya kwakashata uye kuti ihwo huipi hwakaipisisa pahuipi hwese. Hakusi kushuva rudzi rumwe chete rwechinhu, asi hwerengedzo yekushuvira kwomunhu zviuru zvezvinhu (uye izvo "zvinoshamisa," "zvinodikanwa" izvo!). Kunze kwezvo, vanodya zvakabikwa zvipfupi-pfupi vanoona hupfumi nekunaka mukuwanda kwenzvimbo dzepasi dzinoiswa chikafu, nepo iko kuwanda kwezvidziviriro zvinokonzeresa kuwanda kwekukuvadza, chiratidzo chechokwadi chinogona kuonekwa. muzvirwere zvakasiyana-siyana zviri kuitika munyika.

Munhu anopindwa muropa nezvinhu zviya zvine chepfu, zvakadai setii, kofi, cocoa, fodya, doro, opium, cocaine, morphine, zvichingodaro. Chido chakasimba chezvinhu izvozvo chinomutswa nechepfu dzinoenderana dzinounganidzwa mumuviri womunhu. Zvokudya zvakabikwa zvinogadzira zvakasiyana-siyana zvehuturu izvo, nekufamba kwenguva, zvinochengetwa munzvimbo dzakasiyana dzemuviri, sepamadziro etsinga uye capillaries, pakati pemajoini, pakati pemasero emafuta uye kumwewo. Kungofanana nechishuvo chomupindwa muropa nezvinodhaka nokuda kweheroin chisingabvi pazvinodikanwa zvomuviri zvenguva dzose zvomuviri wake, naizvozvo chishuvo chomudyi akabikwa nokuda kwezvokudya zvakabikwa, kunzwa kwake kwenzara, hakusi kudikanwa kwenguva dzose kwomuviri wake; asi ndiko kudiwa kwekupindwa muropa kwake. Iko kutaura kwemafungiro anokurudzirwa nehupfu hunounganidzwa mumutumbi wemunhu; ndiko kudiwa kwezvirwere zviri mumuviri, kudanwa kwemuvengi akaipisisa wemunhu.

Huipi hwakashata ihwohwo hunoiswa mumuviri wemunhu wese nevabereki vake, kubva paucheche. Ndicho chikonzero nei mwana paanotanga kucherekedza uye otanga kutaura, kupindwa muropa kwechikafu kwakatomubata zvakasimba uye kubva panguva iyoyo kusvika kumagumo ehupenyu hwake anoona chikafu chakabikwa sechikafu chake chenguva dzose uye chido chake chakasimba.

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nokuda kwayo sekuda kwake kwenyama; izvezvi anokanganisa nzara chaiyo.

Kudiwa Kwekudya Kwakabikwa Haisi Nzara

Kana munhu akabikwa akaedza kudya zvekudya zvechisikigo chete, zvakaita semanuts, tsanga, michero nemiriwo mbishi, uye asisina havi yekudya chero rudzi rwechikafu chisina kubikwa, izvo zvinodikanwa zvemuviri wake zvinosangana zvachose. anoguta. Asi zvisinei neizvi, kunyangwe dai aifanira kunge atora kakati wandei zvaanoda zvemazuva ese zvechikafu, achiri kuita sekunge haana chaadya uye anonzwa kudiwa kukuru kwechikafu chenyama yakarungwa zvakanyanya, yakapfuma uye inonaka. Iyi haisisiri nzara. Iko kushatirwa kunokonzerwa nehupfu hwakachengetwa mumuviri uye hwava kuda chepfu nyowani. Kuchema kwedhimoni rakarara ipapo rakatambarara uye richida maturusi matsva kubvambura muviri wemunhu kuita zvidimbu. Akangwara, ane hutsinye anodya mbishi anonzwa kuchema kwese kwese zuva nezuva, asi anofuratira nemweya wake wese uye haaite kana joti rimwe rekubvuma.

Kudya kwakabikwa kunomanikidza nhengo dzemunhu kushanda Katatu kusvika Kuna Kugona Kwavo Kwemazuva ose

Mitezo yese yemunhu ine dura rezvakasikwa rekuchengetedza simba. Kazhinji, vanoshanda pachikamu chimwe muzvina chezvavanokwanisa, vachichengeta simba ravo rose kuti vashandise gare gare munjodzi inokosha kana kuti panguva yokukwegura. Saka, mune "zvakajairika" mamiriro ekurova kwemoyo ndeye 70-72 kurova paminiti (ukuwo yeanodya mbishi ichingori 58-62), iyo mumamiriro ezvinhu akasiyana-siyana inogona kukwidziridzwa kusvika kudarika mazana maviri paminiti. Zvekare, panguva yekufema kwakajairika 500 cc yemhepo inopinda nekubuda mumapapu, asi nekuedza kwakakosha kufema tinogona kukurudzira zvakanyanya se3700 cc.

Anodya mbishi anoshandisa nhengo dzake dzinogayiwa pachikamu chimwe chete muzvina kukwanisa kwavo kugona, somugumisiro wekuti nhengo dzake hadzina kumboremerwa kana kuneta. Ukuwo, munhu anodya akabikwa, pashure pokunge amutsa havi yake nemafungiro akadzikama, anoshatirisa.

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zvinonhuwira, aperitifs uye zvimwe zvisinganzwisisiki zvinokurudzira, zvinozadza dumbu rake kusvika pamwero wekuti nhengo dzekudya dzinomanikidzwa kuunza kushanda kwese simba radzo rekuchengetedza uye kunyange ipapo ivo havakwanisi kutarisana nezvinodiwa zvakaiswa pavari. Apo munhu anomanikidzwa kudzorera zvokudya zvinosemesa nomukoto mumwe chetewo waachiburutsira pasi kana kuti kuchibudisa muura hwake nezvinhu zvinochenesa. Zvinoshamisa kuti zvakakwana zviito zvekusvota zvakadaro hazvirangarirwe sechienzi nemudyi wakabikwa.

Nekuwandisa kwenhengo dzekugaya nhengo dzakawanda dzekushandisa dzinoiswa kushanda, zvakare, semoyo, chiropa neitsvo.
Basa rokuwedzera rinoitwa nenhengo idzi nokukurumidza rine mugumisiro wokuinetesa uye kuita kuti isashande nguva isati yakwana. Hakushamisi, naizvozvo, kuti somugumisiro upenyu hwomunhu hunopfupikiswa kakawanda. Kupfurikidza nokudyisa zvinhu zvisingabatsiri, zvinokuvadza uye zvine chepfu munhu anopindwa muropa nezvokudya anogutsa zvishuvo zvake, anoremadza chiito chedumbu rake, uye anozvigadzirira amene nyengedzo yokugutswa, nepo masero ake, chaizvoizvo, ari kuchema nenzara nokuda kwokushaikwa kwezvinovaka muviri zvinokosha. . Dumbu remunhu anodya mbishi rinogara rakazorora, nyangwe riine chitunha, asi muviri wake wakazara uye wakaguta mupfungwa yechokwadi yeshoko.

Kana munhu akabikwa afunga kuchinja achidya mbishi, pakutanga haamboguti, pasinei nokuti adya zvakadini. Kazhinji panzvimbo yekunzwa kufara, vakapindwa muropa nezvokudya vanonzwa kusagutsikana nemamiriro iwayo. Sekuona kwavo, chikonzero chekuramba vachinzwa nzara chiri pakuti chikafu chavanodya chakaderera uye hachina kukosha sechikafu. Iyi ipfungwa isiriyo yakaipa. Mukupesana, zvokudya izvozvo zvose zvinovaka muviri uye zvakakwana-zvakakwana. Masero emunhu akatambura kwemakore nekusavapo kwawo. Kugona kwenhengo dzekudya kwevanhu kunoenderana zvizere nekuumbwa kwavo uye kurongeka kwezvimiro zvavo. Ndicho chikonzero dumbu richigamuchira chikafu ichocho nemufaro, rinonyorovesa nekukasira uye nekuchipfuudza kuura pasina kunonoka, nepo masero ari iwo ega, akaonda uye asina simba sezvaanoita nenzara, anotora zvakanyanya izvo zvakakosha zvinhu uye achiramba achida zvimwe uye. zvakawanda zvavo.

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Masero anorwara anoporeswa, awonda anopora, asingachaiti basa anowanazve simba. Masero emafuta, kune rumwe rutivi, anotanga kunyunguduka kuburikidza nenzara, kuunganidzwa kwechepfu kunopera zvishoma nezvishoma uye mvura yakawandisa inobuda mumuviri. Ipapo maseru akajairika, anoshanda anotora nzvimbo yemasero ane usimbe ayo akakodzwa nekusaita basa uye kusaita. Kukurumidza kurasikirwa muhuremu hwemuviri chiratidzo chechokwadi chekuwanazve hutano uye simba.

Chokwadi ichi chinofanira kuzadza mwoyo wemunhu nemufaro nekufara. Kune izvo zvinovaka muviri zvakabva zvapararira mumuviri wake wose uye zvinomupa hutano, simba, simba uye simba. Inguva yokutanga muupenyu hwake kuti kunyange zvazvo nhengo dzake dzose nemaronda zvichiwana zvokudya zvakawandisa, zvinokwanisa kushanda zvakanaka uye zvakadekara. Kunyange kana pazuva iroro, akatora chiyero chikuru chezvokudya zvakasvibirira kupfuura zvinodiwa nemuviri wake, kana ura hwake nemaseru zvichikwanisa kunwa, dumbu rake harizorambi, uye hazvizoiti maari kunzwa kwekunzwa, zvichiita kuti udzinge nechisimba uye nechisimba. Zvokudya zvinopfuura zvaanoda hazvizogara mudumbu zvichikonzera kuora; havazoshandurwi kuva chepfu kana kuunza kukanganiswa kwekudya. Pane kudaro, pasina kugayiwa, ivo vanobva vangopfuura vachiumba dumbu mumatumbo uye vobva vasiya muviri une tsvina pazuva iro, vasina kukuvadza zvakanyanya kumuviri. Nokudaro, dumbu rake richagara rakareruka, nepo ura hwake neropa rake zvichatakurwa nezvokudya zvakakwana-zvakakwana.

Zvino nenguva yakadai, regai angoedza kudya zvimedu zvishoma zvezvokudya zvakabikwa. Dumbu rake richaramba nehasha zvinhu zviya zvechienzi nezvisingadiwi. Pasinei nekunakidzwa kwakanyanyisa kunoitwa mukanwa make, zvimedu izvozvo zvicharara mudumbu make kwenguva yakareba, zvichashanda sechidziviso kuvhara havi yake yekudya uye zvichamisa maitiro ake ega ega ega. Asi mubiki anodya anonyatsogutsikana uye anofara nemamiriro iwayo, nokuti akagutsa zvido zvake, akaisa dumbu rake uye iye zvino "akazara." Murume anoziva kukosha kwekudya mbishi anotya mamiriro iwayo. Anonzwisisa zvizere kuti kudya kwemuriwo mbishi ndiko kunovaka muviri, asi zvitunha

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zvinobuda mumoto zvinongova huni, manyuko ehuturu hwakasiyana-siyana nehosha.

Kudya Kwevanhu Kunofanira Kusanganisira Masero Ekurarama uye Kwete Zvitunha Zvemasero Akafa

Zvokudya zvakakwana-zvakakwana zvinosanganisira masero mapenyu. Iye zvino miviri yemiriwo, mushure mokusiya pasi, inoramba ichirarama kwenguva yakareba. Rudzi rwerosebud rinoramba richitumbuka muvhasi, ukuwo tsanga dzinomera padzinenge dzadyarwa makore akawanda pashure pokunge dzaunganidzwa. Asi masero emhuka dzinourawa kana kuti ayo omukaka unobiwa mumiviri yadzo anofa pakarepo, uye ipapo anovamba kuparara ndokuva chepfu, nepo kubika kunoachinja kuva chimwe chinhu chinotyisa zvikuru. Kuona mapuroteni emhuka seakakwirira kune mapuroteni emiriwo kukanganisa kwakashata kwekutonga, humbowo huri pachena hwekuona kupfupi kwevanonamata nyama. Kana tikabvuma kuti mhuka yemhuka inotamisa mapuroteni emiriwo uye ichiachinja kuita chikafu chakaringana, ipapo nyama yemhuka idzodzo semakava, mhumhi, imbwa, katsi uye tiger dzinodya mapuroteni "akanyatsogadzikana" akadaro anofanira kunge ari chepamusoro kukosha kunovaka muviri; nepo chimiro chine chepfu chenyama yezvikara zvakadaro chiri pachena kwazvo zvokuti kunyange mupindwi wenyama akazvipira zvikuru haatombozvishiviriri.

Vaya vebiologist vanokurudzirwa nekufungidzira kwavo pachavo tsvaga zvakakosha munyama, mukutsvaga anonzi maamino acids asingadzokerike haana kufunga nezve chiitiko chekuti maamino acids anoumbwa kubva muhuswa hunodyiwa nemhuka. kugadzira maamino acids kubva kumasora nehuswa husina kunaka, asi muviri wemunhu hauna nzira yekugadzira makomisheni mamwe chete kubva pakudya kwemuriwo zvemhando yepamusoro inovaka muviri?

Mamiriyoni evaIndia ari kurarama sei asina maamino acids anopiwa nenyama?

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Kuona Mupfupi Ndiko Kukanganisa Kukuru Kwezvokurapa Sayenzi

Chikanganiso chikuru chevabiologist vakapindwa muropa nechikafu chakabikwa kutadza kuona kwavo. Vanovhara maziso avo kuzvinhu zvinokuvadza zvinoratidzika zviduku uye havaoni migumisiro yakakomba iyo nokukurumidza kana kuti gare gare inokonzerwa nezvikonzero zvinoita sezvisingakoshi. Ngatienzanisire kutaura kwedu nemienzaniso mishoma. Kudya kwakabikwa, kunyanya ndiro dzenyama, dzakazara nehupfu. Ikozvino, hapana anocherekedza chero chepfu isingaperi inoenderera zvisingaonekwe nguva dzese uye kunyangwe nekuda kwechepfu yechiropa, moyo kana itsvo dzakuvadzwa nekufamba kwenguva, mamiriro acho anonzi anokonzerwa nezvikonzero zvisingazivikanwe. Kana chepfu ichiri kuoma uye ichiperekedzwa nemanyoka uye kurutsa, inoonekwa sechirwere chegastric. Nechepfu vanonzwisisa chete iyo mamiriro ayo anobata chipenyu chose uye anotyisidzira munhu akabatwa nerufu ipapo. Upenyu hwakawanda sei husina mhaka hunobayirwa neiyi nzira!

Varume havaoni tsvina inopinda mutsinga dzavo uye mutsinga kuburikidza nepakati pezvokudya zuva rega rega, uye kana ikagara pasi mushure mekuvhara pamadziro emidziyo, inoderedza nzira dzavo uye kamwe kamwe inomisa kutenderera kweropa rimwe zuva, pfupi. -vanoona vanoona chiitiko ichi se "zvisingatarisirwi."

Varume havacherechedzi kudzvinyirirwa kunotyisa kunoitwa nemvura zhinji yemafashamo iri kumhanyira kudhamu guru rinokwanisa mamirioni amatani. Asi apo dhamu iroro, riri kuzununguka kwenguva refu pasi pemvura yemafashamo iwayo, rikaputsika pakupedzisira, chakakonzera kuputsika kwekupedzisira chinotaurwa nedombo rakakandwa pariri nekamwana. Tatoona fungidziro chaiyo yekuti munhu anodya mbishi pane zvinokonzeresa gomarara. Kurwisana neizvi, 400 "carcinogenic agents" inopiwa kwatiri nemasayendisiti ekutsvakurudza, avo vakapindwa muropa nezvokudya zvakabikwa, pakati pazvo pane zvinhu zvakadai semagetsi emagetsi uye kupisa fodya, hazvina kukosha kukuru kudarika dombo rakakandwa nemwana.

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Nhengo imwe neimwe ine mamiriyoni emasero kuburikidza nekushanda kwakabatana uko basa renhengo iyoyo rinoitwa. Kana chikafu chinomanikidzirwa pamaseru iwayo chikashaya zvimwe zvakakosha, maseru anotanga kurasikirwa nekusimba uye asisashandiswe. Simba rekuchengetedza zvino rinouya mumunda, asi ivo, zvakare, vanokurumidza kupera. Chero bedzi mutezo uchiita mabasa ayo neimwe nzira kana imwe, vanhu vasingaoni-pfupi havaoni chiedza chitsvuku; asi painozosarira shure mumabasa ayo, vanoti nhengo yakadai inorwara uye inoenda kumishonga. Asi, zvinogoneka here kuti piritsi diki kana dosi rechepfu ringambogona kutsiva zvinovaka muviri zvechikafu chakapiswa nemoto kwemakore akawanda uye kudzokera kumasero akaremara simba ravo rakarasika rebasa rakasarudzika?

Mushure mokuvata mumugero wekudya kwemazuva, nyama yakawanda, mazai, bhotela uye cheese inoora uye inokonzera kuzvimba kwematumbo, chiratidzo chinonyanya kuzivikanwa chinonzi manyoka. Asi kana mwana akanyatsoratidza zviratidzo zvemanyoka, mhosva yose inoiswa pamatehwe emichero mashoma anoonekwa mutsvina. Hapana anobvunza kuti michero-matehwe anogona sei kukonzera chero kuzvimba mumatumbo emwana apo, pasina kuparara kana kuora, vanosiya muviri usina kuchinjwa mukati maawa mashoma ekupinda kwavo. Dambudziko rose rinobva pakuti vanhu vanoona mazai, nyama, ruomba uye uchi sezvokudya zvakajairika uye zvinokosha, asi michero sechinhu chechipiri, chinogona kudyiwa kana kusadyiwa. Dzimwe nguva, zvinotoonekwa zvakakodzera kurambidza vana kudya michero kuitira kuti "vasaisa dumbu ravo kunze kwehurongwa."

Huremu hweMunhu Anodya Akabikwa Hahugone Kuonekwa SeChiyero Chehutano Hwakanaka.

Kufutisa Ndiko Chirwere Chine Ngozi

Chero bedzi muviri wemunhu uchiri kukwanisa kurwisa zvisiri zvechisikigo kudya uye kuenderera mberi nekurwisana nayo, zvichemo zvakasiyana-siyana zvinoita kuti zvioneke, zvakadai sokurasikirwa kwechido, indigestion, gastritis nezvimwe zvirwere zvemudumbu, colitis, nezvimwewo. Ese aya ndiwo maratidziro ekunze ekurwira kwemuviri kushandisa nzira dzese pazviri

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kuraswa kuderedza zvinokuvadza zvezvokudya zvisiri zvomuzvarirwo uye kubvisa mumuviri zvinhu zvine chepfu zvinogadzirwa nazvo. Murwere anotanga kuonda uye vanoedza kumusimbisa nekumupa kudya "kunovaka muviri". Zuva iro chipenyu chinopedzisira chakundwa uye kurwisana kwacho kwapera, munhu anoonekana nenyika ino kana, zvakasiyana, chido chake chinowedzera uye anotanga kudya asingaguti, kugaya zvakanaka, kuwedzera uremu, "kuti awanezve hutano hwake. nesimba. Namamwe mashoko, pazuva iroro muviri womunhu, uchirega kutamburira kwawo, “unochinjira” umene kuzvokudya zvisiri zvomuzvarirwo uye hwaro hunoiswa hwechimwe chenjodzi hurusa dzehosha dzavanhu—kuora kusiri kwomusikirwo.

Kukurirwa nedzvinyiriro yezvokudya zvisiri zvomuzvarirwo, muviri unomanikidzwa kuzvigamuchira uye kubvuma mukati mezvipenyu zvakaunganidzwa zvezvinhu zvakasiyana zvinokuvadza zvinogadzirwa nezvokudya zvakadaro. Madhipoziti anobva aumbwa nemafuta, uric acid uye zvinobva mairi, cholesterin, munyu wakajairika, zvinwiwa zvakawandisa, calculi, scirrhous formations, tumors, inactive and parasitic cells, multinucleated giant cells (polykaryocytes), masero ane oversized nuclei (megakaryocytes), nezvimwewo. Dzimwe nguva maseru aya anosvika mazana akawanda ekukura kwemasero akajairika, asi haakwanise kuita chero basa rinobatsira.

Ese iwo mamonstrosities anounganidza mumuviri kugadzira mumurume kunyengera kwoutano nesimba, nepo chaizvoizvo achitambura nokuwonda zvishoma nezvishoma. Tsandanyama dzake dzinova dzakatetepa uye hadzina simba, nhamba yemasero ake ane ruzivo uye anoshanda inoderera, uye nhengo dzake dzinoparara. Avo varume "vakasimba," "vakasimba" vane makumbo anoputika, maoko ane mafuta akawanda, maoko epodgy uye akaturikidzana emafuta, ayo nyika yedu yakazara, ichokwadi, skeletons akafukidzwa neganda. Mumwe nomumwe wavo akaremedza tsandanyama dzake dzisina simba uye dzakaondoroka negwai rakakora, raanodyisa pasina muripo uye anotakura kwose kwose naiye amene. Asi, zvinoshamisa kutaura, vanhu vakadaro vanogara vachizvirumbidza nezvehutano hwavo, simba uy Vanodada kwazvo nokuoma kwavo zvokuti, pose panotaurwa nezvako mukukurukurirana, vanobata huni kana kuti, muMabvazuva, vanochema; kuti varege kurasikirwa netsanga yehuremu hwavanokoshesa. Mumwe angazadza mavhoriyamu gumi nemaviri nemienzaniso yokusaona kupfupi kunosemesa kudaro.

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Hapana Mushonga Unogona Kutsiva Iwo Mbishi Zvinhu Zvakaparadzwa paMoto

Mishonga yese mukushandiswa kazhinji ine zviratidzo. Mune mamwe mazwi, anoshanda seanorapa kupa zororo kwenguva pfupi kumurwere kana kuvanza zviratidzo zvechirwere. Hazvina mhosva kuti vanogona kutora nzvimbo yezvokudya zvakasvibiswa zvakaparadzwa muhari yekubika uye mapani. Masayendisiti mazhinji makuru anorambidza zvachose kushandiswa kwezvinodhaka. MuEngland, pashure penzvero inorwadza yakatambanukira mukati menhambo yamakore mana nehafu pamusoro pechikamu chikuru cheboka rakabudirira revanhu vechiNgezi, nyanzvi dzezvinhu zvipenyu zvePeckham dzakasvika pamhedziso yokuti zvipfumbamwe muzana bedzi zvavagari vemo zvakafarikanya. Hutano hwakanaka; 91 muzana yakasara yairwara, kunyange zvazvo vakawanda vavo vakanga vasingazivi nezvechirwere chavo. Mushure mekurapwa kwekiriniki mhedziso yavo yaive yekuti pasina kusarudzika matambudziko ese anosarudzirwa kurapwa anopindura kurapwa, asi izvo zvakazoonekwa kuderera kwakaonekwa muhutano hwevarwere. Izvi zvinoreva kuti zvinodhaka zvinongovanza zviratidzo zvechirwere, nepo kukuvadza kwazvinoita kuchiwedzerwa kune chipenyu chakatopera simba kuita kuti mamiriro acho atonyanya kuipa.
Naizvozvo, ani naani anoda kusarwara kana kuti, kana akatorwara, kuti avezve noutano hwake haafaniri kuisa tariro yake pazvinodhaka; asi anofanira kurega kudya nezvinodhaka zvisiri zvomuzvarirwo, uye anofanira kurarama maererano nemirau yechisikigo nekudya mbishi!

Iyi ndiyo nzira yechokwadi, yakachengeteka uye yesainzi, nepo kurapwa kwezvinodhaka kuri, kutaura Bircher-Benner, "hunyengeri nehunyengeri." Mukuona kwangu, zvingava zvakanyanyofanira kunzi kunyengera uye kuzvinyengedza. Nietzsche akadana zvinodhaka "shamhu dzeshamhu." Vanachiremba vanogona kuzvipwisa zviri nyore nezvechokwadi chezvandinotaura nekukamura varwere vavo vemuchipatara mumapoka maviri akaenzana, kurapa rimwe remapoka nemishonga uye chikafu chakabikwa, imwe yacho nekudya kwekudya mbishi chete, uyezve kuenzanisa mhedzisiro yacho miviri. nomumwe nomumwe. Uyu ndiwo muyedzo wekutanga uye wakasimba, zvikasadaro nharo dzese dzekupokana nekudya mbishi dzinoramba dzisina kukosha kana kukosha.

Ngatienzanisire zvirevo zvedu nemienzaniso mishoma kubva kuchiratidzo chekurapa kwezvin

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Marwadzo chiratidzo chekunyevera kuti muviri uri munjodzi, kuchema kwemuviri wedu kuti tibatsirwe. Asi panzvimbo pokubvisa ngozi iyi, tinouraya tsinga dzinoendesa kunzwa kwengozi iyi kuuropi hwedu uye kunyaradza inzwi radzo nedoro rechepfu. Zvichakadaro, hosha yacho inotora nzira yayo isingadzivisiki, yawedzerwa zvino nemigumisiro inokuvadza yemishonga. Kupa mumwe muenzaniso: apo nzira dzetsinga dzedu dzinokura dzakatetepa nekuzadzwa netsvina, mwoyo unofanirwa kushandisa simba guru kutenderera ropa kuburikidza nemuviri uye nekudaro BP inokwira. Asi pachinhambo chekuchenesa tsinga dzedu dzeropa patsvina iyoyo, tinongoshandisa chepfu kunyandura tsinga idzo dzinokwanisa kutambanudza uye kutambanudza nzira dzadzo. Chero bedzi kushanda kwechepfu kunogara, ropa rinoyerera nemidziyo yakasununguka uye kudzvinyirira kunowira kwekanguva. Zvisinei, kana mhedzisiro yacho ichinge yapera, midziyo inodzokera kumamiriro avo ekare zvakanyanya kupera simba nekuita kwemishonga inoshandiswa.

Hapana mushonga usina chinokuvadza chinokanganisa chipenyu. Asi inguva pfupi yapfuura kuti nhamba shoma yezvinyorwa zvakaonekwa zvichibata nezvenyaya iyi, imwe yacho, "Reactions with Drug Therapy" (1955), naDr. Harry L. Alexander, Emeritus Purofesa weClinical Medicine, Washington University Medical School. , inotipa ruzivo rwakawanda runobatsira. Ehe, kazhinji zvinodhaka zvinosungirwa kukonzeresa izvo chete zvipingamupinyi uye maitiro izvo zvinokurumidza kuuraya munhu anenge abatwa kana kuita chimiro chavo muchimiro chezvirwere zvakakomba. Kunyange ipapo chimwe chete muchiuru chezvinetso izvozvo chinonyorwa chaizvoizvo; vamwe vose vanoramba vari mukukanganikwa kusingaperi.

Izvo zvakasimbiswa kuti chimwe nechimwe chezvinhu 350,000 iyo inoshandiswa pakugadzira mishonga inokwanisa kukonzera matambudziko. Asi pakati pawo ane ngozi zvikuru ipenicillin, aureomycin, streptomycin, mercury compounds, sulfonamide boka remishonga, digitalis, majekiseni, serum, mavhitaminzi ekugadzira (thiamine, niacin, nezvimwewo), atophan, cortisone, chiropa chinotorwa, insulin, adrenaline nezvimwe zvakawanda. mimwe mishonga inowanzoshandiswa.

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Zvakakosha kupa mubvunzo uyu kunyatsofungisisa.
Synthetic mavhitaminzi uye organic zvinyorwa, izvo vanhu vanoshuvira kutsiva zvinovaka muviri uye zvigadzirwa zvavo zvakapiswa mukicheni, zvinouraya munhu nekumhanya kwemheni, kazhinji mukati memaminitsi mashanu mushure mekupinda kwavo mumuviri. Muna 1951, mamiriyoni 324, uye muna 1952, magiramu ane mamiriyoni 350 epenicillin oga akabayiwa muropa romunhu kuitira kuti atsive mishonga chaiyo yaipiswa mukicheni.

Mushure mekuiswa kwavo mumuviri wemunhu, zvinodhaka zvinouraya zviuru zvevanhu, dzimwe nguva mukati memaminitsi mashanu kusvika gumi, kuburikidza neanaphylaxis, asi makumi ezviuru zvevamwe vanobatwa nehosha dzakawanda, dzatinogona kutaura nettle-rash, dermatitis, prickly. kupisa, eczema, purpura, bronchial asthma, polyarteritis, cirrhosis yechiropa, jaundice, nephritis, nephrosis, aplastic anemia, serum chirwere uye scabies.

Vanhu vanoshuvira kufuratira basa remishonga iyi mukukonzeresa kufa nezvirwere uku, uye kupa mhosva pakunzwana kukuru kwemuviri. Asi kuti chii chinokonzera kupfakanyika uku, vanopfuudza mubvunzo vakanyarara.

Vana vangu varombo vaiwanzobatwa nehosha dzakadaro nehosha dzeganda kakawanda pagore. Taigara tichiedza kutsvaga kukanganisa muchikafu chavaidya, ukuwo madhokotera aipa mabundle emishonga vaisamboti bufu nezvenjodzi yemishonga yavakanyora. Kufanana nemamiriyoni evamwe, taitenda kuti mishonga yaingova yekurapa vanhu, kwete kuvarwarisa. Pane imwe nguva vana vangu vose vakarara nejaundice zuva rimwe chete. Takashamiswa, nokuti taiziva kuti jaundice yakanga isiri hosha inotapukira yaizovabata vose pamwe chete. Nhasi hapana chandinogona kuita kuti hana yangu isarove kurovesa hana yangu kunze kwekunyevera vamwe vabereki nezvenjodzi dzakadai.

Mazuva ano zvinosuruvarisa kuona kuti zvinodhaka zvine ngozi zvikuru zvinofarirwa sei nebetsero yenziyo dzinotapira uye mapikicha anoyevedza sezvinhu zvinobatsira zvingangotorwa zuva nezuva. Mune dzimwe nyika, chokwadi,

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mushonga uye pharmacy zvakashandurwa kuita kunetseka kukuru kwekutengesa uye kuita purofiti.

Zvokudya zvakasvibirira zvichagumisa kushandiswa kwemarudzi ose emishonga, nokuti kana pasina zvirwere, pachave pasina kudiwa kwemishonga. Zvirwere zvibereko zvekuparara kwezvokudya; vanogona chete kukundwa, naizvozvo, nekugadzirisa kwekudya kwedu. Kuedza kwedu kwose kukunda zvirwere tichishandisa zvinodhaka kune ngozi zvikuru, kuedza kusina musoro kunotozokundikana. Nechekare migumisiro yavo yakaipa inotitarisa kumeso.

Mhando itsva dzehosha dzinogara dzichioneka; zvishoma zvirwere zvinopa nzvimbo kune zvirwere zvakakomba. Nekuda kweizvozvo varume vanoramba vachigadzira mhando nyowani dzemaseramu nemishonga yekudzivirira, vanowana akasimba uye akasimba maantibioti uye zvishoma nezvishoma vanopinda mukuwanda kwezvikanganiso, matambudziko nenjodzi.

Chinjo isati yamboitika uye inokosha inofanira kuitwa mumunda wesayenzi yezvokurapa. Vanachiremba vese vakatendeseka uye vane mweya weveruzhinji vanofanirwa kusimuka pakarepo uye kutora matanho anoshanda kudzivirira kuparadzwa kwezvinhu zvakakosha zvakagadzirirwa fekitori yemunhu.

Mukuona kwevasingaoni, kudya mbishi kwakangofanana kudzokera kuhupenyu hwepakutanga hwemunhu wekare. Muchokwadi, hapana chinonyadzisa kubudiriro kupfuura mabasa ekubika nekunatsa. Mudyi mbishi anongosiya nhamo dzinokonzerwa nezvinonzi zvirwere zvebudiriro uye anoramba kushandura budiriro yehunyanzvi yaakapihwa nebudiriro kuita nzira yekuparadza kuchena kwemidziyo yemunhu. Zvikasadaro, haaregi kutaura norunhare, kufamba nendege kana kuti kuchengeta michero yake yakachena mufiriji yake.

Kwemazana emakore varume vave vari mapofu uye vasingazivi zvokuti nguva dzose vakarangarira kudya zvokudya zvakabikwa sokuvhiya kwomuzvarirwo. Uye zvino, kana kekutanga kunzwa nezvekudya mbishi, vanokuona sechinhu chinoshamisa uye chinoda kuziva, asi chokwadi chiri kuderera kwezvokudya zvechisikigo kuburikidza nekubika zvakanyanya.

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zvisiri zvechisikigo, zvinoshamisa uye zvinoda kuziva, uye izvo zvinofanirwa kunyorwa munhoroondo sehupenzi hukuru hwakaitwa neVanhu.

Yakabikwa-Kudya uye Drug Therapy vari Kutungamira Rudzi Rwevanhu Kuparara Kwazvo

Marudzi mazhinji emhuka huru dzakambogara pasi pano uye ipapo dzakasangana nokutsakatika kwakakwana. Mazuva ano, ndimaoko ake pachake kuti munhu ari kugadzira mamiriro ezvinhu akaipa sezvaachaita rimwe zuva achimubvisa panyika. Zvichienderana nemaitiro ekuderera kwechikafu, kune kuwedzera kwekusiyana uye kuwanda kwezvirwere zvakasiyana. Zvizvarwa zvakawanda zvisati zvapfuura, vanhu vachafa nehosha yemwoyo kana kenza vasati vasvika zera rekuyaruka uye vave nemukana wekuvandudza masimba avo ekubereka. Pahwaro hwokumhanya kunotyisa uko hosha idzodzo dzakawedzera mumakumi amakore mashomanene apfuura, kuri nyore kufanoona kuti, kana varume vakaramba vachipfuurira muupenzi hwavo, zuva iroro renjodzi ringasava kure.

Musayendisiti anoratidza kubatsira kwekudya kwakabikwa uye kurapwa kwezvinodhaka kwakafanana nemutengesi uyo, ari pedyo nekushaya mari, anofara kuverenga mapeni ake, achivhara maziso ake kumamiriyoni ekurasikirwa anomutarisa kumeso. Mhedzisiro yekupedzisira yebhizinesi rega rega inofanirwa kutongwa neyayo yekupedzisira chiyero pepa. Ngationei kuti ndezvipi zvikomborero uye zvakanakira izvo munhu akabudirira akakwanisa kuzviwanira pachake nezvaakawana zvekubika nemishonga, mukuenzanisa neizvo zvinofarirwa nezviuru zvemhuka dzakasiyana. Munhu anobatwa nezvirwere zvakasiyana-siyana kupfuura chero munhu upi zvake.

Mushure mekuwanikwa kwevhitamini, vanhu vaifanira kunge vaine hungwaru hwekuona kamwechete kuti nekubika arikuparadza muzvokudya zvechisikigo izvo zvinoumba izvo kusavapo kunomhanyisa kuguma kwake. Aifanira kunge apedza tsvina iyoyo zvachose uye anofanira kunge akachengetedza kusadzivirirwa kwezvokudya zvechisikigo kubva pakuora. Asi kunaka kwezvokudya zvakabikwa kukuru zvokuti kunodzivisa kuedza kwose kwakadaro pakuchinja zvinhu. Kupindwa muropa kunokunda sainzi uye kuchitora

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mumakumbo ayo. Zvichakadaro, vachiri kubatirira zvakasimba pakudya kwakabikwa, varume vanoedza kupinda mukati mezvakavanzika zvezvokudya, kuziva izvo zvinoumba izvo zvinoparadzwa mukubika nekugadzirisa, uye zvino kuzvitsiva nezvinhu zvekugadzira. Hahusi upenzi here kupisa nokuparadza mativi anokosha iwayo nemaoko ako amene, kurwara, kumira pamucheto weguva uye ipapo kuita nhamburiko dzisina tariro dzokuzviponesa umene kupfurikidza nemitoo yokunyengera? Tinofanira kuyeuka chokwadi chokuti izvo zvinoumba hazvina kuganhurirwa ku40 ne50 mavhitamini anozivikanwa nenyanzvi dzezvinhu zvipenyu. Kune dzakawanda kwazvo zvekuti hazvizogone kuumba mufananidzo chaiwo wehunhu hwavo uye huwandu hwezvinhu zvezviuru zvemakore zvinouya. Ngatimbotii rimwe zuva masayendisiti angabudirira kuziva marudzi awo ose. Ipapo, kuti vatsive nemitoo yokugadzira mativi akaraswa kunze kwegorosi bedzi, zviuru zvemishonga negadziriro zvichadikanwa nokuda kwomunhu mumwe nomumwe, tisingatauri nezvemitengo inorambidza inobatanidzwa.

Netsvakiridzo dzakaitwa pamhando dzakasiyana dzemichero, miriwo uye zviyo, vanopindwa muropa nechikafu vezvipenyu vanoratidza kuti chikafu chechisikigo chine simba rekurapa chirwere chese. Asi vanhu havadi kubvuma kuti muviri wemunhu ucharamba usina zvirwere izvozvo kana ukangodyiswa nezvokudya zvepanyama kubva paudiki zvichienda mberi. Kubva pakutanga chaipo mufungo chaiwo wokurega zvokudya zvakabikwa unovashayisa mano okufunga zvakajeka, uye ipapo sainzi inobereka nzvimbo yayo kukupindwa muropa.

Zvikafu Zvemuzvarirwo Hazvifanire Kushandiswa neVanachiremba Sekungori Kwenguva Kurapa Nzira. Vanofanira Kuziviswa seChikafu Chega Chinokodzera Munhu W

Vanachiremba vakawanda vanofambira mberi vanoshora kurapwa nezvinodhaka. Vamwe vavo vakaodzwa mwoyo nemigumisiro isingashande yakawanikwa kubva mukurapwa kwezvinodhaka zvekuti vanosiya zvekurapa vozvipira kuongororo yematambudziko akakosha ekudzivirira. Pakati pavo pane chiremba weSwitzerland ane mukurumbira Bircher-Benner, kubva muzvidzidzo zvake zvechiGermany ndakasuma shanduro pfupi dzinoverengeka mubhuku rangu rechiArmenian. Pakutanga kwebasa rake rekurapa, Bircher Benner akazova

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akaodzwa mwoyo nemaitiro emazuva ano ekurapa kuti paakaita kuti azivane nehutano hwezvokudya zvechisikigo, akatanga kurapa varwere vake nekubatsira kwekudya kwechisikigo, pasina chero mishonga. Nenguva isipi nhamba huru yevarwere, avo vasina kubudirira kurapwa navanachiremba vakasiyana-siyana pasi rese pasina mhedzisiro, vakaenda kuchipatara chake muZurich uye munguva pfupi pfupi vakawana kurapwa kwakazara neveganism.

Asi Bircher-Benner aiona chikafu chakabikwa se "nzira yekurapa," kwete sechikafu chega chinokodzera zvisikwa zvese. Sokunge kuti varume vaisungirwa kuzviriritira nezvokudya zvisiri zvomuzvarirwo kubvira pauduku hwavo uye ipapo, varwara, kuti varapwe ne “chikafu chokurapa” mukukwegura kwavo. Asi iyi gangaidzo iri pachena yakanga ine zvikonzero zvayo chaizvo. Chekutanga, hapana munhu munyika, kunyangwe nyanzvi yepamusoro-soro yekudya kwakabikwa, Bircher-Benner, anoona kuti kubikwa-kudya kupindwa muropa uye kuti chishuwo icho vanhu vanonzwa nezvekudya kwakabikwa haisi nzara kana kudiwa kwebiology. masero.

Zvino, sachiremba, Bircher-Benner akanga adzidziswa kurapa zvirwere zvaivapo. Hapana munhu angadai akamubhadharira muripo upi noupi, kana kuti kunyange kumurangarira zvakakomba, kudai akanga atsigira pachena gadziriro yezvokudya zvinovaka muviri ingadai yakachengeta rudzi rwomunhu pahosha dzose.

Parizvino pane maonero maviri anopikisana pamusoro pekudya. Mumwe wavo anodzivirira kudya kwakabikwa, mumwe anofarira zvokudya zvakabikwa; mumwe wavo anotsigira veganism, imwe inofarira kudya kwemhuka. Zvino sainzi haisi zvematongerwo enyika. Murume ane maonero asina kururama haana kodzero yokuisa pfungwa dzake dzisina kururama uye dzinokuvadza pavana vasina mhosva. Chikumbiro chakakosha chenguva yedu kuti maonero maviri aya anofanirwa kuongororwa mune zvesainzi netsika dzepasirese, kuitira kuti uyo asina kururama agorambwa, nepo rechokwadi rigoziviswa kuruzhinji uye riitwe mumuitiro wakakwana.

Pakutanga, vanhu vane pfungwa dzakapfava avo vasingadi kupinza udzame hwechinetso chacho vanofunga kuti kunaka kwekudya mbishi hakusi chinhu chinogona kuitika nokukurumidza uye kuti varume vanenge vasina kunyanya kugadzirira kusiya midzi yavo yakadzika midzi. tsika. Asi iri izwi ra

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kupindwa muropa, kwete kwesainzi. Sayenzi, zvisinei, inofanira kuparadzaniswa nokupindwa muropa. Tinofanira kutanga tabvuma kuti chikafu chisina kubikwa ndicho chaicho uye chakakwana zvinhu zvakakodzerwa nemuviri wemunhu, mushure mezvo regai avo vanoshuvira kusvibisa ivo nevana vavo kuti vaite izvo zvinogutsa mwoyo yavo.

Chekutanga isu tinofanirwa kushandisa ruzivo rwakawanikwa kubva mukudya-mbishi kugadzirisa kamwechete pfungwa dzenhema dzakapararira musainzi yezvokudya zvinovaka muviri, maererano nekuti izvo zvinonyanya kukosha zvekudya zvinoonekwa sezvinokuvadza, nepo izvo zvinokuvadza chaizvo zvinokurudzirwa. yakanaka. Zvinofanira kujekeswa kuti, pasina kusarudzika, zviitiko zvese izvo chikafu chakabikwa chinorambidzwa kune vasina simba, vanorwara, vanorwara nechirwere chemudumbu nezvimwe zvirwere, ndizvo chaizvo izvo zvakarambidzwa izvo zvinorapa, kutsigira uye kusimbisa varwere. .

Muzviitiko zvakadaro haisisiri nyaya yekusiya tsika yakaipa. Mukupesana, murwere zvino anokumbira chibereko, asi isu tinochiramba; anonzwa kurwara nezvokudya zvakabikwa, asi tinomunyengetedza kuti adye zvishoma; tinobvuta muchero paruoko rwomwana ndokumanikidzira zvokudya zvabikwa pahuro pake. Nemamwe manzwi, tinokurumidzisa magumo avo nekuvamanikidza kudya izvo chaizvo izvo zvave zvakakonzera kurwara nekusagona kwavo. Kugadziriswa kwekusanzwisisana kwerudzi urwu chete kuchaderedza nhamba yenzufu dzisingatarisirwi ne50 muzana.

Kuti tizvisimbise chokwadi chemashoko aya aripo haisi imwe nzira kunze kwekushandisa kudya mbishi kwemwedzi mishomanana, uye kuedza uku kunofanira kuedzwa nemunhu wose anonzwisisa. Ndiyo nzira iyo magumo ekupedzisira achaiswa kune aripo akakanganisa uye anopokana maonero ezvekudya.

Muchiedza chekudya mbishi-kudya misimboti yekudya kunovaka hakuchina ramba wakavharirwa kumayunivhesiti uye masangano ekutsvagisa; asi zvinova zvinhu zvinokosha zvikuru kuvanhu vose. Kune vanhuwo zvavo, mazita esainzi ezviuru zvezvikafu, mafomula azvo akaomarara uye netsananguro refu, inonetesa yezvinovaka muviri uye zvinofungidzirwa kuti zvinobatsira zvinogona kupfupikiswa muzvitatu.

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mazwi chete: RAW VEGAN FOOD, kana iyo yakazara mbishi zvinhu zvemuviri wemunhu.

Saka, kudya kwakabikwa kunova chinhu chakanaka kunze kwesainzi yemishonga, chinhu chakanaka chinotsanangurika kwete nemaitiro esainzi, asi nekufunga, humbowo hwayo huri mitemo isingarambiki yechisikigo uye mibairo yakakosha inowanikwa kubva muruzivo rwekutanga.

Hatifanire Kugumbura Kutendeseka kweMunhu Raw Zvishandiso

Muviri wemunhu ifekitari yakaoma. Inogona kunge ichiri kutariswa zvakanyanya senyika yakakura yemafekitori uye masisitimu mupfungwa yekuti sero rega rega rinotorwa rakaparadzana iro pacharo fekitori yakaoma iyo, pachayo, ine mamwe mafekitori akawanda. Kusvika parizvino, masayendisiti ekutsvagisa akakwanisa kuwana zvikamu zvinosvika zviuru gumi musero rega rega. Yese gland kana nhengo inoumbwa nemamiriyoni emasero akadaro, uye zvinobva mukusanganiswa kweiyo glands, nhengo, masisitimu, skeleton uye ganda iro muviri wemunhu unoumbwa.

Kuti vakwanise kuita mabasa avo nemazvo, mafekitari aya akaomarara uye masisitimu anofanirwa kupihwa zvigadzirwa zvine makumi ezviuru zvezvinhu zvakasiyana, chimwe nechimwe chine basa rayo rayo rekuita muhurongwa hwese hwemunhu. Zvese izvo zvinhu zvinogadzirwa nerubatsiro rwechiedza chezuva uye zvakanangana muzvirimwa. Semuenzaniso, mhodzi, shizha kana tsanga yechibage ine pachayo zvese izvo zvinovaka muviri izvo zvakakosha kumhuka. Zvino, kunyange zvazvo izvo zvinoumba zvinosiyana mumiti yakasiyana-siyana maererano nekuumbwa kwavo uye kurongeka, izvi hazvina basa zvakanyanya, nokuti mushure mekupinzwa kwavo mukati mezvisikwa zvinoputsika uye zvinogadzirwa zvakare, panguva iyo chimwe chinhu chinoshandurwa kuva chimwe chinhu. Nokudaro, chipenyu chinokwanisa kushandura huwandu hwezvikamu zvakasiyana-siyana zvichienderana nezvinodiwa, asi kana pasina chimwe chinhu chemakemikari hachikwanisi kuunza chinhu ichocho chisipo kuti chive mukati mehupenyu kana kuchitsiva nechimwe chinhu.

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Semuenzaniso, hazvina kukwanisa kuwana murabhoritari chero yakakura yecalcium, mavhitaminzi kana mapuroteni mu clover, asi zvakabva ku clover uye kubva kune huchiri huswa huchiri huzhinji kuti mhuka dzinotora mavhitamini adzo ese nemamineral salt, uye dzinovaka mapfupa adzo akakura. , nyama nemafuta. Mune mamwe mazwi, panzvimbo yemukaka, bhotela, cheese, uropi, chiropa uye nyama iyo vanhu vasingaoni-pfupi vanokurudzira sezvitubu zve calcium, phosphorus, mavitamini uye "zvakakwana-zvakakwana" mapuroteni, clover chete inogona kuva. inokurudzirwa, nekuti zvinobva kune clover izvo zvese izvo zvinhu zvinobva. Nokudaro, hazvina maturo zvachose, hazvina maturo uye zvinotokuvadza kutaura kuti-uye-yakadaro zvokudya zvakapfuma mune imwe vhitamini, asi imwe inowedzera mune imwe mineral, nokuti, kunze kwekutsausa uye kuvhiringidza vanhu, zvirevo zvakadaro hazvibatsiri. chero chinangwa chinobatsira.

Basa guru rezvinovaka muviri zvinoumba muviri nde katatu. Chokutanga pane zvose, dzinoshanda sezvivakwa zvekuvaka uye kuvandudzwa kwemasero; zvino vanoburitsa simba rinodiwa rekuisa masero iwayo mukufamba uye kupa kudziya kumuviri, uye chekupedzisira, vanopa maseru ehunyanzvi nemidziyo inodiwa pamabasa avo ekugadzira.

Izvo zvakakosha kuti isu titarise chipenyu chedu nekutarisira kwakafanana nemugadziri anotarisira fekitori yake. Saizvozvo, pakushanda kwemabasa ari pamusoro apa matatu tinofanira kupa miviri yedu zvinhu zvese zvinovaka muviri zvinovaka muviri sechinhu chakakoshesesa uye muchiyero chakaenzanirana seizvo zvakasikwa zvinozvipa kwatiri. Zvikasadaro, kana paine kushaikwa mune chero chezvikamu, chokwadi ichi chichava nemhedzisiro yakaipa pakuvakwa nekushanda kwemuviri.

Asi munhu akabudirira wemazuva ano anoita sei muviri wake? Anobvisa, anopisa, anouraya uye anovhiringidza kuvimbika kwemidziyo yake uye anozadza dumbu rake chero nevakafa uye zvitunha zvine chepfu. Neiyi nzira, manwiro ake echimwe chikamu anogona kudarika zvinodikanwa zvemuviri wake nemazana enguva, nekushomeka kunowirirana mukutora kwechimwe chikamu.

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Kubva munyama yakabikwa, chingwa chichena, macaroni, mupunga, zvihwitsi, bhotela uye majarini zvinogadzirwa zvisingagoneki, masero eparasitic echimiro chakareruka, pasi pehuremu hwacho uyo anopindwa muropa nechikafu. Masayendisiti ekutsvagisa anogona kuratidza zviri nyore kuti makore makumi mashanu, zana kana mazana maviri apfuura kushushikana kwevanhu kwaiwanzoperekedzwa nehutete hwakanyanya. Mumazuva iwayo, munhu aive nesimba guru rekudzivirira uye muviri wemunhu waikwanisa kutsungirira chikafu chisiri chemusikirwo uye kudzivirira kuiswa kwehuwandu hwakawandisa hwezvinhu zvakadaro nekurasikirwa nechido, manyoka, kurutsa nezvimwe zvakadaro. Zvisinei, nekufamba kwenguva muviri wemunhu unobvuma kudzvinyirirwa kwechikafu chakasakara, "chinozvigamuchira" kwavari, uye chinobvumira kuwanda kusingaregi kwevana vavo uye kukora kwezviso zvavo. Vanhu ava vakave vekutanga kuvaka uyezve kuchengetedza masero ari nyore, asina maturo, asingashande anoenderana nemaitiro avo. Ndosaka mazuvano kuonda kusinganyanyi kuwanda uye nyika yazara nehutsvina hwakashata, husir

Nhasi, vana vakawanda vanoberekwa nomutoro unotyisa wokusabetsera uye masero asingashande. Vabereki vavo vane pfungwa dzakapfava vanodada nekuzara kwevacheche vavo uye kukora kwezviso zvavo. Dzimwe nguva kuzara uku ndekwezviyero zvakakura zvekuti zvinovhundutsa avo vanonzwisisa chimiro chayo chaicho. Asi, vanhu mapenzi vanomiririra zviya zvekunyangadza pamapaketi avo ezvekudya zvevana sezviratidzo zvehutano hwakanaka.

Upenyu hwemunhu hunoita nhamburiko huru yekuchengeta pasi pehumwe hutongi hwekuwedzera kwakawandisa kwemasero eparasitic uye asingabatsiri, nekuaparadzira pamusoro pezvikamu zvese zvakasununguka zvemuviri: kumusoro uye kuzasi migumo, kutenderedza chirebvu, pasi peganda redumbu. nemuhudyu, nekumwewo. Zvinoitika, zvisinei, kuti dzimwe nguva mamwe masero aya anokwanisa kuzunza kudzora, kuzviparadzanisa kubva kuhupenyu hwemunharaunda, kuzvimiririra, kutanga hupenyu hwemunhu uye kuwanda pasina muganhu. Kazhinji kazhinji chipenyu chinobudirira kuchengeta mapoka emasero iwayo akaputirwa panzvimbo imwe chete uye anoadzivirira kuti asapararira. Kukura kunoguma kunobva kwanzi "benign neoplasm" kana "benign tumor" uye inofanirwa kusiyaniswa kubva pakukura uko kunoenda zvakasununguka kune dzakasiyana siyana dzemuviri.

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kuitira kuti ubudirire pamapuroteni (uye kunyanya mapuroteni emhuka), uye anozivikanwa se "malignant neoplasm" kana kungoti sekenza.

Izvo zvinodikanwa kusimbisa chokwadi chekuti kubika haisi iyo chete chinhu chinokonzera kurasikirwa mukukosha kwekudya kwechikafu. Hupfu huchena nemupunga wakakwenenzverwa zvinhu zvinokuvadza kunyangwe zvikadyiwa zvisina kubikwa. Kunyange mashanga akaomeswa haasi zvokudya zvakakwana, pasinei nokuti anokwanisa kuchengeta chisikwa chipenyu. Zvokudya zvakakwana zvinogona kuva dzinde regorosi pamwe nenzeve, kana ichidyiwa yakasvibirira muzhizha uye yakaoma munguva yechando. Nokuti mhou namakwai uswa mugomo haunganzi zvokudya zvakakwana. Mhuka idzodzo dzakapfuura nekushanduka kwavo muzvisikwa zvakasununguka, dzichidya panguva imwe chete pauswa, mashizha, michero nemiriwo. Ndicho chikonzero zvimwe zviitiko zvezvirwere zvichiitika pakati pemhuka idzodzo dzakarambwa, kuburikidza nekupindira kwevanhu, zvokudya zvakakodzera kune zvinodiwa nemasero avo. Kunyanguvezvo, hapana nguva apo mitezo yemhuka inodya pauswa hunozivikanwa zvikurusa inozviisa munjodzi dzakadai sedzomunhu; uyewo haazi utachiona hunotyisa kwavari sezvavari kwatiri, nechikonzero chiri nyore chokuti havana kicheni. Hazvifanirwe here kupa maseru ekenza hunhu hwepamusoro hune maseru akajairwa uye kuvadzosera kuchipfuva chenharaunda nekushandiswa kwemichero, iyo ine urombo mumapuroteni, asi yakapfuma mumavhitamini uye zvimwe zvinoumba Kukosha kwezvinovaka muviri kwakakwirira, saka hapana mushonga pasi pano uchakwanisa kuita basa iroro. Kuedza kurapa kenza nemishonga uye maopareshenì hakuna zvakunobatsira uye kunenge kukundikana zvachose. Asi murume akangwara haafanire kurwara negomarara kana akasakanganisa kuvimbika kwezvinhu zvake.

Nokudaro, masero anobudiswa kubva kuhuku uye mupunga, sopu, chiropa chakakanyiwa, chingwa uye bhotela, uchi, jamu uye zvihwitsi hazvina simba rekuita chero basa rinobatsira. Masero anoshanda, akasarudzika uye ane hutano hwakakwana emuviri wemunhu anozvarwa chete nemichero yakasvibira nemiriwo; nemamwe mazwi, emapuroteni ayo anopinza mumuviri wemunhu zviuru zvezvakasiyana zvakasiyana zvinovaka muviri mumamiriro avo echisikigo uye ekurarama, uye izvo zvakapindwa muropa nechikafu chinoda kudya dzimwe nguva semhando ye "isina-inovaka muviri" yeumbozha. Munhu wose anofanira zvino

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kukwanisa kuona kukura kwemhosva yaparwa nemubereki anoudza mwana wake kuti asaparadze havi yake nemuchero asati adya nekuti anofanira kudya zvake nekukasika. Izvi zvakangofanana nekumuudza kuti asadye zviuru zvezvinhu zvakasiyana siyana zvakakosha kumuviri wake muchimiro chazvo uye chekurarama, asi kuti amirire vakafa uye zvitunha zvisina hupenyu zvevashoma vavo, izvo zvaari kuzomupa. nokukurumidza muchimiro chekudya.

Vanodya vakabikwa vanofara nepfungwa yekuti chikafu chavanodya chakapfuma mumacalorie. Iye zvino, macalorie anogona kubatsira chete kana mukana wakakwana uchitorwa kubva kwavari. Kana huwandu hwemasero etsandanyama hudiki, uye kunyangwe iwo asina kusimba, achirwara uye asina kusimba, chikamu chikuru chekoriori chinoramba chisingashandiswe uye, mushure mekukonzera dambudziko rakawanda kumuviri, siya chipenyu chiri muchimiro chisingadiwe. kupisa, uye anoparara pasina. Patinobatidza moto pamhepo, simba remoto iwoyo rinorasika zvisina basa, asi kana tikapisa moto iwoyo mumotokari yefekitari, inoushandisa zvizere. Achishandisa zvokudya zvakabikwa, akapindwa muropa nezvokudya anopinza muviri wake macalorie katatu kana kuti kana kupfuura zvinodikanwa zvinoshanda zvomuviri wake. Macalorie anowanikwa kubva mukudya mbishi anozadzisa chinangwa chazvo, nekuti chikafu chakadaro chinoperekedzwa nezvinhu zvese zvinodiwa pakushandiswa kweiyo macalorie.

Rinofanira kunge riri basa revanodzidza nezvezvinhu zvipenyu uye vanachiremba kukurudzira vanhu kuti vasaparadzanise zvinhu zvinovaka muviri kubva kune mumwe, asi kuti vagare vachizvidya pamwe chete, muhuwandu hwazvo uye nemasero mapenyu. Havafanire kutaura nezvekubatsira kwezvinovaka muviri, asi vanofanira kusimbisa kukosha kwazvo; Sekuona kwatinoita kuchena kwepeturu kwete sekungobatsira mundege, asi sechinhu chakakosha. Havafaniri kumbotaura pamusoro pezvakanakira chero mavhitaminzi, asi vanofanira kuisa pfungwa panjodzi dzekuvhiringidza kutendeseka kwavo uye kuparadza.

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Kazhinji kutaura, sainzi yese yezvokudya zvinovaka muviri inogona kupfupikiswa mumapfungwa maviri makuru uye kuita kushushikana kwevanhu vese:

1.Kudya kwevanhu kunofanira kusanganisira masero mapenyu. Chete izvo zvekudya izvo zvinoumbwa nemasero mapenyu zvine hunhu hwese hunodiwa kugutsa zvinodiwa nemuviri wemunhu. Munhu haasi necrophagous. Aisagona kuva anodya nyama kupfuura kubata nhunzi mudenga ndokuimedza iri mhenyu, kana kuti kubvambura mhuka kuita zvidimbu zvidimbu semhuka yomusango ndokuidya noura hwayo hwose namapfupa kuti arove.

2.Iko kune miviri yakajairika uye yakasarudzika yemuriwo miviri mune zvakasikwa. Miti yemiriwo yakakwana uye inovaka muviri ndiyo mhando dziri nani dzemichero, miriwo yakasvibira, zviyo nemidzi.

Nokudya zvokudya zvakabikwa, munhu anovhara havi yake nemhando nhatu dzechina dzezvinhu zvakaora uye anonyima muviri wake zviuru zvezvimwe zvinoumba zvinokosha. Chiratidzo chinoshamisa chechirevo ichi ndechokuti pakati pezviuru zvemishonga yezvokurapa zvakaoma kuwana imwe iyo imwe vhitamini kana imwe isina kutaurwa, asi iwe unenge usingakwanisi kusangana nemishonga apo mazita emapuroteni, mafuta uye carbohydrates anotaurwa.

Muchidimbu, munhu anonakidzwa neutano hwakakwana kana achingodya chikafu chisina kubikwa chevegan, anorwara zvekuti anodya chikafu chakabikwa uye anofa kana achingorarama nekudya kwakadaro.

Zvirwere Zvinozvarwa Sei

Ngatitorei gland inoumbwa nemabhiriyoni emasero. Masero aya ane marudzi akawanda, rimwe nerimwe rine basa raro kana basa raro rokuita. Nokudaro, kune masero ane tsandanyama uye epithelial masero, uye kune masero etsinga nemasero kune zvimwe zvakawanda zvinangwa. Asi basa guru remasero echero gland rakapihwa kuburitsa kwemvura.

Matumbu emurume anodya chikafu chakabikwa ane masero akazara, pamwe kutowedzera, asi chikamu chimwe chete muzvina kana cheshanu chazvo chinokodzera chero basa rinobatsira, uye izvo zvisina kunyatso kunyatso. Mapuroteni

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yoga, kunyanya puroteni yemhuka yakafa iyo inoonekwa nevanhu vapfupi sechinhu chakakwana chekuvakisa, inogona kudana kuvepo chete chimiro chakareruka chesero risina shapeless, risingakwanisi uye risingabatsiri rerudzi rwechinyakare. Muchimiro chavo, masero aya anofanana neaya ekare zvipenyu zvekutanga hunhu izvo zvakatanga kuoneka pasi pano mumatanho ekutanga ekukura kwekushanduka uye izvo zvakavakwa nezvinhu zvakajairika zvekuvaka: mapuroteni, mafuta uye makabhohaidhiretsi.

Mukufamba kwemamiriyoni emazana emakore akatevera, zvisinei, izvo zvipenyu zvekare zveunicellular zvakatora nguva yakareba yekushanduka-shanduka nerubatsiro rwezvinhu zvinovaka muviri zvemhando yepamusoro, zvinoti mavhitamini nemamineral anozivikanwa uye asingazivikanwi kwatiri. Mukati memhindumupindu iyoyo vakakura uye vakabereka zvipenyu zvakasiyana-siyana zvakaoma kunzwisisa. Tinogona kuona kudzokororwa kupfupi kweuku kukura kwenhoroondo kwezvipenyu zviri mumwana ari mudumbu remhuka, kubva panguva yekusangana kwayo kusvika pakukura kwayo. Nzira imwechete inodzokororwa panguva yekugadzirwa kwemasero emunhu ega.

Mune gland rakapihwa, sero rega rega rakasarudzika rine maitiro, ayo anogona chete kurongeka uye kuitwa kuti awane kugona kwebasa rinoshanda nekupihwa kweakakosha zvinovaka muviri.
Ikozvino, izvo mbishi zvinodikanwa pakuita mabasa ekugadzira eaya masisitimu anogona kupihwa chete neyakabikwa chikafu. Hapana nyuchi inokwanisa kugadzira huchi kubva kune nekita yemaruva akabikwa!

Kana izvo zvakakosha zvisingasviki sero muhuwandu hwakakwana, kukura kwayo kunononoka kana kuti inogona kutomira. Izvi zvinopa masero ezvirwere zvakasiyana-siyana, zvakadai semafuta, anaplastic, masero akaipa kana kenza, macrophages, megakaryocytes, polykaryocytes, nezvimwewo.

Saka, kwete chete akawanda emasero egland ari mubvunzo kwete kuwana hunyanzvi (kusiyanisa), asi zvakare izvo mbishi zvinodikanwa pakuvharirwa kwemvura hazvisviki kumasero mashoma achiri kuchengetedza kugona kushanda semhedzisiro yekuti gland haikwanise kuchengetedza mwero wayo wekugadzira. Ndiyo nzira iyo gland iri

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kubatwa nechirwere. Kubudirira kusingagutsi uye kushanda kusina kunaka kwemasero kunogonawo kuitika mune dzimwe nhengo dzose uye maitiro, zvichiita kuti pave nekuonekwa kwezvirwere zvinoenderana.

Dzimwe nguva imwe gland kana nhengo inokuvadzwa kusvika pamwero wakadaro kuti kubviswa kwayo kunova kusingadzivisiki. Panzvimbo pokugamuchira miitiro yomuzvarirwo zvikurusa yokudzivisa kuparadzwa kwomutezo iwoyo pakutanga, varume vanotora chinetso chikuru kuibvisa vobva vadada nokuitwa kwechishamiso chakadaro. Kumunhu akasvibira vegan zviri pachena kuti hapana mishonga inogona kudzoreredza sero rakadzikira pachimiro charo uye kudzorera kwariri kugona kwayo kwekushanda.

Anodya mbishi haatyi utachiona, nekuti anodzivirirwa pamusoro pavo nesimba rechisikigo. Utachiona hahugone kukuvadza masero akagadzirwa uye akasiyaniswa (akasiyana). Vanoparadzira kuparadza kwavo pamasero asina simba uye akatetepa.

Kutaura idi, mudyi akabikwa ane chikonzero chokuvapo kwake nokuda kwezvokudya zviya zvishomanene zvakabikwa izvo dzimwe nguva anodya nokuda kwomufaro bedzi, asingarangariri ukoshi hwazvo hwakazara. Zvino, nemhaka yokuti muviri womunhu unogona kuchengeta kuvapo kwawo pachitsama chiduku chisingadaviriki chezvokudya, zvitsama zvishoma izvozvo zvezvokudya zvisina kubikwa zvinokwana kumuchengeta ari mupenyu kwenguva yakati.

Nhasi, kunyangwe nyanzvi huru dzezvekudya dzinowanzoona kuora uye kusvibiswa kuti ndiko chete kukanganisa kwechikafu.
Vanoona sekudya, kwakanaka uye kwakajairwa zvese izvo zvikafu zvakatsva, zvakachena uye "zvakabikwa zvakanaka." Kusavapo kwezviuru zvezvinhu zvakakosha mavari hazviratidzi kuvanetsa zvachose. Pavanoyeuchidzwa nezvazvo, vanopindura kuti vanodyawo muchero. Iyi imhinduro isina musoro. Zvirwere zvemuviri wemunhu zvinobva pachokwadi chekuti tinoparadzanisa zvinovaka muviri kubva kune mumwe uye tozvidya zvakasiyana, sekunge zvakangoerekana zvaitika, pasina chirongwa chakakodzera.

Kukosha kwekudya kwekudya kunofanirwa kutsvakwa kwete mumhando dzakasiyana yezvikafu zvinodyiwa, asi mumhando dzakasiyana dzezvinoumba

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zvokudya izvozvo. Ihwo huswa hwakanyanya, huri pachahwo, hwakapfuma muhuwandu hwehuwandu hwahwo hunovaka muviri uye muunganidzwa wose wezvakawanda zvendiro dzakapiwa mumabiko akanyanya kunaka. Uyu ndiwo mutongo wesainzi.

Misangano yakawanda yezvokurapa inoitwa yekudzivirira zvirwere apo, mushure mekutaura kwemaawa pamusoro pezvidzidzo zvechipiri, vamirriri vepamusoro vesayenzi yezvokurapa vanounganidza matafura akashongedzwa-akashongedzwa kwekudya kwavo kwemanheru. Zvadaro, tichiregeredza izvo zvakakosha uye zvakakwana-zvakakwana zvekudya, izvo zvinoumbwa murabhoritari inoshamisa yezvisikwa zvekudzivirira zvirwere uye izvo zvinosanganisira zviuru zvezvinhu zvipenyu, vanozvizadza ivo pachavo kuburikidza nendiro nezvitunha zvakaora uye zvakafa. Zvakatonyanya kuipa, vazhinji vavo, vachiona zvinovaka muviri sezvisina kukosha, vanopedza chirongwa chavo chekudya nekofi nemidzanga. Rega vanachiremba vandiregerere nekuda kwekuomesera uku, asi mushure mekufungisisa zvishoma vanofanirwa kubvumirana neni kuti iyi haisi iyo nzira yekudya inovaka muviri uye kuti inguva yakakwira ivo vakafunga zvakakomba kuita shanduko huru mutsika dzazvino dzisina kururama dzekudyisa.

Pane imwe nguva mune dzimwe nyika dzokuAsia, matsotsi aitongerwa rufu aidyiswa nenyama yakabikwa chete. Vaiwanzofa mukati memazuva 28-30, nepo pakaitika nzara yakakwana murume anogona kuramba ari mupenyu kwemazuva 70. Izvi zvinoreva kuti haisi nyama yakabikwa chete chikafu chisina kunaka, asi, nehupfu hwainoburitsa, ichepfu inouraya munhu munguva pfupi.

Zvinowanzozivikanwa kuti vanhu vanodya mupunga wakawandisa wemupunga wakakwenenzverwa vanobatwa neberiberi, iyo inouraya murwere mushure mekukonzera kutambura kukuru. Iye zvino zvichida chiratidzo chinonyanya kukosha cheberiberi chinonzi polyneuritis, asi iyi haisi iyo chete chiratidzo chechirwere; chinongova chimwe chezviratidzo zvakawanda. Uyewo kushomeka kwevhitamini B1 hakusi iko chete honzeri yechirwere ichi, sezvainowanzo fungwa. Mupunga wakapushwa hauna chero mavhitamini anozivikanwa kana asingazivikanwe. Chingwa chichena uye, kazhinji, zvose z

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kubva muupfu chena vane chaizvo zvakafanana hunhu sezvo polished mupunga ane. Izvi zvakafanana neshuga yakagadzirwa nemafuta akajeka, ayo ari vamirriri veimwe chete kana imwe yezviuru zvezvinovaka muviri.

Chikafu chiri pamusoro apa, icho chinoumba chikafu chikuru cheanodya akabikwa, ndizvo zvinokonzeresa rufu, chete zvinouraya munhu nekunyepedzera manyoka, zvirwere zvinotapuriranwa, rheumatism, gout, sclerosis, diabetes, apoplexy, cancer nezvimwe zvakawanda. zvimwe zvirwere. Dzimwe nguva vanouraya pazera regore chete, dzimwe nguva pazera remakore mashanu, 10, 50 kana 70, zvichienderana nechiyero chezvikamu zviviri zvezvokudya zvinodyiwa (zvokudya zvakabikwa uye zvinovaka muviri zvisina kubikwa) uye chiyero chenhaka. kushorwa kunopfuudzwa kumunhu.

Somugumisiro wezvokudya zvisina kunaka, mazuva ano vanaamai vakawanda havana mukaka wokuyamwisa vana vavo, saka vamwe vavo vanodyisa vacheche vavo nemukaka wakaomeswa, mabhisikiti, chingwa chichena uye tii. Zvamazvirokwazvo mwana anotanga kupera uye kuwonda. Zvipatara zvevana nemisha yenherera pasi rose zvakazara nevarwere vakadai.

Zvakakwana kupa vana vakadaro tumblers mbiri yemichero yemichero zuva nezuva kuitira kuti vagowanazve hutano hwavo zvachose mukati memavhiki maviri. Asi vanopindwa muropa nezvokudya, vachifuratira kudikanwa kwemichero, vanoita marudzi ose ekuedza kunorwadza pamuviri wakarashika wemwana, uye pashure pokunge vabudisa madonhwe ekupedzisira eropa kubva pauri, vanoedza kumudyisa nomukaka wakaomeswa, nyama yakasvinwa. , mavhitaminzi ekugadzira uye mishonga yakasiyana-siyana. Nemamwe mashoko, vasingatarise kuenzana kwezvinovaka muviri zvinopiwa zvakasununguka nezvisikwa, vanotanga kuedza pamuviri wakaonda wemwana iyeye kuburikidza nezvikamu zvishomanana zvavakawana ruzivo rushoma mumarabhoritari avo. Kana mwana iyeye akasawana zvokudya zvipi nezvipi zvomusikirwo neimwe nzira kana kuti neimwe nzira, achafa zvechokwadi uye kufa kwakadaro, zvechokwadi, kunoitika muzviuru. Asi, izvo zvichiri kutyisa, vazhinji vezvekudya vasina ruzivo havabvumire vana vakadaro kudya michero yakasvibirira vachitenda kuti matumbu avo asina simba haakwanise kugaya kana, zvakanyanya, vanosiya mubvunzo wemuchero kuti vaone. vabereki vevana, maererano

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iwo soumbozha husingakoshi hwekukosha kuduku. Pupurira chokwadi chekuti muzvipatara zvakawanda munowana nyama, mabhisikiti, mukaka wakaomeswa, shuga, tii, majarini, mupunga, chingwa chichena, mavhitamini ekugadzira nemishonga sezvaunoda, asi hauone kana mudziyo wekusvina muchero. majusi, uye kutengwa kwemichero hakusi kumanikidzirwa. Zvitunha zvakawanda zvevana zvinoburitswa muzvipatara zvakadai, asi hapana anoda kubata nhoko dzezvironda zvinokonzeresa ndufu idzi.

Ndinokumbira rubatsiro rwevanachiremba vose. Ngavafungisise nezvenyaya iyi. Ndinobvunza vadzidzisi vese vekumayunivhesiti uye masangano ese ane mutoro uye makurukota ezvehutano enyika dzese pasirese kuti vari kunetsekana nezveutano nekugara zvakanaka kwevanhu vavo here kana kuti kwete. Kana vakadaro, vanofanira kutanga kushanda pasina kunonoka. Zvandinotaura hazvisi zvekungofungira, asi chokwadi chisingarambiki, chandinopa kumuverengi kwete semhedzisiro yekuedza panguruve, asi nemuenzaniso mupenyu wemhuri yangu neni.

Nzira dzakanakisa dzekudzivirira nekurapa zvirwere uye panguva imwe chete yekusimudzira mararamiro ndeekuti bazi rega rega rehutano riise parutivi bhajeti risingakodzeri pakugadzwa kwemadhipatimendi eruzivo, nechinangwa chekuzivisa ruzhinji. kukuvadza kunoitwa nekubika, pamwe chete nezvokudya zvisina mavhitaminzi, kunyanya chingwa chichena, mupunga, nyama, mafuta akacheneswa, shuga, tii, kofi, doro nezvinwiwa zvisiri zvinodhaka. Vanofanira kubva vanyengetedza vanhu kuti vaderedze kudyiwa kwechikafu chakabikwa nepavanogona uye kuti vatange kuchinja zvishoma nezvishoma mumaitiro avo ekudya.

Sezvingatarisirwa, sezvo varume vese vasina njere, hazvigoneke kuita kuti munhu wese ave mudyi wekudya kamwechete, asi zvakakosha kuti vanhu vazive zvakafanira zvemiviri yavo kubva paucheche hwavo, vanofanirwa kuzvisunungura kubva kukanganisa uye kune ngozi rusaruro, uye anofanira kuziva kuti haisi muto wehuku, mupunga, cutlets, mazai uye beefsteak zvinovapa ivo nevana vavo utano uye simba, asi yakamera gorosi, makarotsi, madomasi, nzungu, mazambiringa uye etc. Kutora nyaya yangu somuenzaniso, somuuyo wokudya nyama nezvimwe zvokudya zvakabikwa kwamakore 52, ndakanga ndarasikirwa nesimba rangu rose uye

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usakwira nhanho mbiri usingafemi; asi nhasi, pashure pokurega zvokudya zvakabikwa kwemakore masere, ndinogona kumhanya kukwira makomo zviri nyore zvikuru.

Handizivi kuti ndezvipi zvikonzero zvesainzi mazuva ano pamisha yevana yakawanda zvikuru uye munzvimbo dzinochengeterwa vana vanoisa mabhokisi emabhisikiti mumaoko evana, kuti vazvibatsire pose pavanoda. Mabhokisi ezviya zvinokuvadza anofanirwa kutsiviwa netswanda dzemichero mitsva, makarotsi, makomkomere nemadomasi muzhizha, uye yemichero yakaomeswa munguva yechando, iyo vana vanofanira kubvumidzwa kudya vakasununguka uye zvakanyanya sezvavanoda nguva dzese. chezuva. Ipapo munhu wose achaona kuti, nemitemo chaiyo yechisiko, vana vachatanga sei kudya michero panzvimbo pezvokudya zvakaora, nokudaro vachivimbisa utano hwavo vamene namaoko avo.

Nzira yekudya mbishi inofanira kutorwa muzvipatara zvemarudzi ose yevarwere uye veruzhinji vanofanirwa kuziviswa nezvezvawanikwa. Shanduko dzinobatsira zvikuru dzinogona kuitwa mumaresitorendi eruzhinji. Pasina kunyima zvachose vakapindwa muropa nezvokudya zve "mafaro" ezvokudya zvakabikwa, zvinouraya sezvavari, panguva ino, zvinokwanisika kuderedza huwandu hwavo ne50 muzana uye kutsiva kurasikirwa nemasaladhi matsva uye compotes yakasvibirira, uye ne. mhando dzakawanda dzezvibereko zvemwaka. Nenzira iyi, kwete chete chikafu chinozove chakasiyana uye chinonakidza, asi hutano hwevanhu huchasimbiswa zvakare, uye kuchengetedza kwakanyanya kuchaitwa muhupfumi hweveru

Kana veruzhinji vachinge vaziva kuipa kunoitwa nezvokudya zvinenge zvabikwa, vanoedza kuzvinzvenga. Pachawanikwa, zvakare, nhamba huru yevanhu vane njere avo, vachinyudza izwi rekupindwa muropa kwavo, vanozotevera muenzaniso wedu uye netsika yekudya mbishi yakakwana vanovimbisa hutano hwakakwana hwavo nemhuri dzavo. Vanhu vakarasikirwa netarisiro yose yokunaya kana kuti vakashatiswa noushati husiri hwomuzvarirwo vachaziva kuti, kupfurikidza nokucherekedza zvakasimba kudya kusina kubikwa, mukati memwedzi mishomanene bedzi vachakwanisa kuwana utano uhwo vagara vachishuva.

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Vanhu vanodhinda mabhuku akawanda kuratidza kurapa Zvimiro zvemichero yakaparadzana nemiriwo, senge mazambiringa, misi, maapuro, nhengo, hanyanisi kana radishes, uye nekugadzira nzira dzakakosha dzekuzvipedza, vanoedza kuisa maopareshenі aya nekufanana kwenyaya dzesainzi. Muchokwadi, marudzi ese anodyiwa ezvirimwa zvakasvibira zvinovaka muviri uye zvine hunhu hwakafanana. Hazvina mhosva kubva kune chirwere chipi munhu anotambura, vanogutsa zvido zvehupenyu, vanogadzirisa mabasa enhengo, vanodzorera hutano hwemurwere. Mashoko pamusoro pechokwadi chakadaro anofanira kupiwa veruzhinji pasina muripo, sezvo kusiri kwohunhu kugamuchira mari ipi neipi yezano rakadaro.

Iyo yekudya yekudya yakabikwa izere nekupokana kunouraya. Muzviitiko zvakawanda zvikafu zvinokuvadza zvinokurudzirwa sezvinobatsira, nepo zvakakosha zvinoratidzwa sekukuvadza uye zvinorambidzwa zvachose. Izvi zvinodaro nekuti ruzivo rwevakabikwa-vakabikwa hunobva pane izvo zvinokurumidza, zvinoonekwa uye zvinopesana mhedzisiro yezvekudya uye pane zvisirizvo maverengero akaitwa murabhoritari. Mamirioni avanhu vasina mhaka anoparara somugumisiro wekuverenga ikoko kunopesana uye kusina kururama.

Nhungamiro inovimbika ndiyo yakakosha uye yakakwana ruzivo rweanodya mbishi, semugumisiro wekuti zvikanganiso zvese, kupesana uye kusanzwisisana kuripo musainzi yekurapa, kazhinji, uye mune zvekudya zvakanyanya, zvinounzwa uye zvinogadziriswa kamwe chete. kune vose. Zvakafanira kuwanza mienzaniso yechiitiko ichocho kure kure uye kuzivisa vanhu vose nemigumisiro yakawanikwa.

Ndiwo Mhosva Dzakaipisisa Kujairira Mucheche Achangozvarwa kuzvinhu Zvakabikwa

Kana zvikava pachena kumunhu wose kuti kudya kwakabikwa itsika isiri yomuzvarirwo, kuti ndiyo honzeri yezvirwere zvose zvevanhu uye kuti kupindwa muropa kwakaipa kwazvo zvokuti kana munhu angowira mukubata kwake kwokusazvidemba, nyajambwa wacho haawanzokwanisa kusunungura. kubva pakubata kwayo z Ikodzero ipi ine munhu anonzwisisa kuipinza mukati memuviri we

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mwana achangoberekwa asina mhosva nemaoko ake amene? Ikodzero yei yaanayo kuparadza nhengo dzomwana wake muduku nezvokudya zvinenge zvatsva, zvaparadzwa, zvaurayiwa pamoto? Hadzisi mhosva dzine utsinye here, chaizvoizvo, kuponda, kuuraya kwoutsinye here? Ini pachangu ndakauraya vana vangu vaviri vandinoda nemaoko angu nenzira iyoyo uye ndinonyatsoziva kukura kwemhosva.

Muzvokwadi, vabereki vose vakapindwa muropa nezvokudya ndivo filicides. Mumazuva ano zana remakore hapana anofa rufu chairwo. Kufa kwese kunokonzerwa nezvirwere zvinokonzerwa nekudya zvakabikwa, uye vanhu vanodzidzisa vana kudya chikafu chakabikwa vabereki vavo. Vabereki vanodya vakabikwa vanofanira kuziva zvizere kuti mutoro wechirwere chiri chose nenyongano muvana vavo uri pamapfudzi avo vamene. Vanofanira kuyera iyi nhau zvakakomba zvikuru vasati vapfuurira munzira yavo yenguva dzose isina kururama.
Hwaro hwekenza yega yega kana kurohwa kwemoyo kunotadzikwa nechimedu chekutanga chekudya kwakabikwa kunopiwa kumwana, kunyangwe chirwere ichi chichiita kuoneka kwacho pazera rakakura.

Zvinogona kupokana kuti zvakaoma kuti vanhu vakuru vashaiwe zvachose zvokudya zvakabikwa. Zvakanaka kwazvo ipapo, kana zvakadaro ngavarambire mutsika dzavo dzinokuvadza kusvika pamwoyo yavo. Asi chii chinovamanikidza kupisa zvinhu zvakakosha zvemucheche mucheche, kuparadza, kuvanyima izvo zvinonyanya kukosha, kuvashandura kuva zvinhu zvinokuvadza uye vozozvipa kumwana? Hunhu husina hunhu uhu kuvana vasina mhosva, uhwu hutsinye hunofanira kupera.

Hapana mutemo wesayenzi unodzivisa mubereki kupa mwana wake gorosi rakamera panzvimbo yechingwa chena, mupunga wakakwenenzverwa kana kuti macaroni; majisi matsva emakaroti, maranjisi, mazambiringa nemaapuro panzvimbo yemukaka wakaomeswa; muchero mbishi panzvimbo yecompote; mawalnuts, maarumondi, bhinzi dzakamera nepizi panzvimbo penyama nemafuta. Nokudya zvokudya zvisina kubikwa mwana anowana upenyu hune utano, hunofadza, hurefu, asi kumwe kudya kunomutungamirira kuhosha uye kufa nokukurumidza.
Unogona kuva nechokwadi chokuti mwana anoda zvokudya zvakabikwa nemweya wake wose. Anoda kuti agamuchire zvinhu zvake zvakamira zvakanaka uye ane kodzero isingara

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Chiremba kana kuti mubereki asina kushaya njere nehana anofanira kuita zvinoenderana, pasina kuzengurira kuduku.

Kana pazera remwedzi mitatu kana mina nhengo dzemwana dzinotanga kuti ashande zvisina tsarukano, chiremba anoona kupfupi anorayira marudzi maviri kana matatu emavhitamini ekugadzira panzvimbo pezviuru zvezvinhu zvakatsva pamoto, kana kuti kunyanya iye anokurudzira, sorudzi rwomushonga, zvishoma zvakayerwa zvipunu zvemichero. muto, nokudaro achidzikamisa hana yake uye yevabereki vomwana. Sei mwana achifanira kutambura nekushayikwa kwevhitamini, kana nemaoko ake amai vake vasingaparadzi mavhithamini aripo muzvokudya zvepanyama?

Ngativharei meso edu kwechinguvana uye titore mufananidzo kwatiri mukuzara kwayo chishamiso chinoitwa nezvisikwa. Patinongounza tsanga imwe yegorosi mufekitori yemuviri wemunhu kuburikidza nemuromo, mhenyu inotora tsanga iyoyo, yoipwanya nekuiparadzira mumuviri wese. Zviuru zvezvinhu zvakasiyana-siyana zvakanyura muzviyo izvozvo zvinofamba kumativi ose uye chimwe nechimwe chazvo chinoenda kunoita basa rayo. Saka, zvakasiyana-siyana zvinovaka muviri mutsanga yegorosi inoita makumi ezviuru zvemabasa akasiyana-siyana uye kuita mabasa ehupenyu ehupenyu pasina kukanganisa kana kukanganisa.

Asi chii chinoitika patinopinza mudumbu chikamu che chingwa chichena? Inoisa dumbu kushanda zvisina chinangwa; inopiswa uye inoshandurwa kuva kupisa kusina maturo, kana, zvakanakisisa, inoenda kuwedzera zvidhinha zvishomanana zvisina pfu kana matombo pane mamwe masero asina maturo, asina maturo. Mwoyo womunhu anodya gorosi wakasimba uye wakasimba setsanga yezviyo, asi mwoyo womunhu anodya chingwa chichena wapera simba uye unopfava sechingwa chaadya. Kune izvi, pupurira huwandu hunoramba huchiwedzera hwekutadza kwemoyo.

Kana paine chishamiso nyika yese yasvika pakupengenuka nhasi uye kutora tsika yekudya mbishi, kunze kwezvimwe zviitiko zvakanyanyisa muzvirwere zvavo, hakuzovi nekufa kusingatarisirwi mukati memakumi matatu kana mana emakore anotevera, kusvika vakura.

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vanhu vanosvika pakuchembera kwakanyanya. Sezvazviri, nzufu dzinokonzerwa nokudya zvakabikwa dzinopfuura kanoverengeka idzo dzakapinzwa muhondo hurusa.

Muzita remwana wese asingabatsiri, ndinokumbirazve kune vese vesainzi, varume vekudzidza, vatungamiriri vemarudzi, shumiro yezveutano, vabereki nevarume vane mwoyo munyoro pasi rose kuti vamise pakarepo kuparwa kwemhosva inotyisa kuvana vaduku. Kunonoka kwezuva nezuva kunodya zviuru zvehupenyu husina mhosva. Vanhu vakura vakasununguka kupa upenyu hwavo kumafaro anouraya ezvokudya zvakabikwa uye nokudaro kuzviuraya, asi ndiani akavapa kodzero yokuuraya vana vavo varombo, kunyanya sezvo zvokudya izvozvo, kure nokuvapa mufaro upi noupi, zvinongozadza. vana nekusema? Hazvina musoro kuita nharo kuti kana mwana akura anoona vamwe vachidya iye obva anzwa kuda kudya. Chekutanga, hutsinye hwakadai sekudya kwakabikwa hakugone kugara kwenguva refu uye tinogona kutarisira nechivimbo kukunda kwekutanga kwekudya mbishi. Ipapo kune mamirioni avanhu anoona udhakwa kana kupindwa muropa nezvinodhaka zvavamwe, asi vachizvichengeta vamene vari kure zvikuru noushati hwakadaro. Mwana wangu atova nemakore matanhatu

(Izvi zvinoreva 1963, pakanyorwa chikamu ichi chebhuku) uye iye anogona kunzwisisa zvose; anoona zvokudya zvakabikwa zvichidyiwa navamwe vanhu, asi iye amene anosema nomweya wake wose. Ndeupi akapindwa muropa neopium anodzidzisa mwana wake mucheche kuwana muitiro wezvinodhaka kubva mudumbu chaimo? Ipfungwa dzipi dzakajairika dzinosunda murume kupa mwanakomana wake amene sechibayiro ndokumuita shamwari yapakuvamba kutsika dzake dzinosemesa kuti abvumire uye apfuuridzire kupindwa muropa kwake kwomunhu oga? Vabereki ngavatange varera mwana ane utano mukuwirirana nemitemo yomusikirwo uye ipapo, pashure pokunge akura, ngavasiye nzira yake yomunguva yemberi yechiito nokuda kwake amene, sezvavanoita muchinoitika chezvimwe zvakaipa zvose.

Pashure pokurava iyi mitsetse hakuna mubereki anonzwisisa anogona kuwana ruramiso muidi rokuti zvimwe zviremera zvakapa zano rakasiana zvikuru. Kana akaramba achifuratira inzwi rechokwadi, anofanira kutora pamapfudzi ake mutoro wokuparadza utano hwomwana wake nokukanganisa ramangwana rake. Munhu anofanirwa kunge asina mutongo wekutanga wekutsiva zviuru gumi nezvinhu nezero zvinhu, masero mapenyu nemaseru akafa, akanyatso kuenzana mbishi nezvinhu zvakasakara, zvakasikwa.

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zvinovaka muviri nezvinovaka muviri zvisiri zvemusikirwo, gorosi rakamera nechingwa chichena, pizi dzegirini nenyama, uye michero ichangoburwa nejamu.

Gastrolatrous Biologist Inofanira Kuratidza Kuti Chisikwa Chine Makaita Mhosho muKusatipa Zvekudya mu Yakabikwa State

Ini ndinokumbira pachena kune vese vesainzi kuti vasimbise maonero angu uye vazivise pasi rose, kana kuratidza kuti kana zvikafu zvechisikigo zvikaiswa pamoto, hapana kurasikirwa kunowanikwa muzvinovaka muviri zvinoumba kana zviri mukati mesimba; hapana kufa kunoitika kwemasero emuriwo mhenyu uye hapana shanduko inoitika mubumbiro remaatomu. Vanofanira zvakare kuratidza kuti mukugadzirwa kwezvinovaka muviri kumunhu, munhu akakura akaita chikanganiso mukusazvipa kwatiri nezvikafu mu "yakacheneswa", yakabikwa kana kupiswa nyika, kuti mashandiro anoitwa mumafekitori nemukicheni. zviyero zvesainzi zvine chinangwa chekugadzirisa zvikanganiso zvechisikigo uye kuti mavhitaminzi ekugadzira mavhitaminzi ane hutano hwakanyanya kupfuura mavhitamini anowanikwa mune zvakasikwa. Kana vakakundikana, vanofanira kubvuma zvikanganiso zvinosuruvarisa zvakaitwa kusvikira zvino uye, kubvisa zvokudya zvakabikwa kamwe chete nokuda kwevose, vanofanira kupotera muuchenjeri hwechisiko chapose pose ndokurega kudzongonyedza kuumbwa kwechikafu chechisikigo chakasikwa nechimiro chePasi. Rega avo vanozviona sevanodya nyama vadye nyama yavo, kana vachikwanisa, yakachena uye yakazara, sezvinoita mhuka dzinodya, pasina kuuraya masero ayo kana kuideredza neimwe nzira.

Hatina kodzero yekuvhiringidza kuvimbika kwezvinhu zvakagadzirwa nemasikirwo emunhu apo, nemaitiro ese esainzi atiinawo, isu hatikwanise kusika diki-sero rimwe chete; apo, nerubatsiro rwezvinhu zvose zvinovaka muviri zvinozivikanwa kwatiri, hatigoni kudyisa chipenyu nomutoo wakagadzirwa ndokuchichengeta chiri chipenyu kwenguva refu; uye kana tisina kubudirira mukuziva chikamu chechuru chezvinhu zviri mutsanga yechibage. Ichokwadi kuti tsvakurudzo huru yakaitwa uye kufambira mberi kukuru kwakaitwa pakuzivikanwa kwezvakasiyana zvinovaka muviri uye nekudaro zvakawanda zvakakosha zvinovaka muviri.

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zvikamu zvakawanikwa, asi zvese zvakawanikwa izvi hazvigone kuve zvakakosha kupfuura kugadzirwa kwemasatelliti ekugadzira. Musiyano uripo pakati pemavhitaminzi ekugadzira uye zvinovaka muviri zvinoumba tsanga yechibage ndeyekurongeka kwakafanana nemusiyano pakati pemasatelliti ekugadzira anogadzirwa nevanhu uye mitumbi yedenga inoumba yedu yese galactic system. Masayendisiti anogadzira masatelliti ekugadzira, zvisinei, haambofungidziri kutsakatisa mapoka enyeredzi aripo uye kuatsiva nemitumbi yenyeredzi ichangobva kusikwa pachayo.

Nzira yedu yakanakisisa ndeyokunyatsodzidza mitemo yezvakasikwa kushanduka kwemhuka nemiriwo zvipenyu. Asi, pasina mamiriro ezvinhu, isu tinofanira kubvisa basa rechisikigo uye toedza kuivaka patsva nerubatsiro rwezvinosiririsa gland zvinyorwa uye mavhitamini ekugadzira.

Patinoisa chidimbu chembatatisi kana marrow mubhotela uye totanga kuipisa, tinotanga nzira yekuparadzwa kwayo kubva panguva yekutanga. Inobva yangotanga kunyorova, kusvava, kuita shava yobva yaoma, uye kana tikaramba tichivhiya kwenguva yakati rebei, inoputika uye inoshanduka kuita madota akashata. Iko kunhuhwirira kunofadza kunofadza mhino dzedu ndiko kunhuwa kwezvinhu zvakakosha zvechikafu chechisikigo, chinoseka pfungwa dzedu uye chinopera mumhepo yakatetepa.

Mashoko okuti "kubika" uye "kubika" haafaniri kushandiswa mupfungwa ye kugadzirira, kuvaka nekuvandudza, sezvave zvichishandiswa kusvika zvino; dzinofanirwa kushandiswa, asi, kuendesa pfungwa yekuparadza, kuparadza, kupisa, kuuraya kana kutsakatisa, nekuti nekuita ikoko tinoparadza zvinhu zvakakosha izvo zvakakosha kumuviri wedu uye nekudaro tinopara mhosva yakaipisisa kurwisa vanhu. .

Mucheche Anovenga Kuravira Kwekudya Zvakabikwa, Izvo Inotaridzika Inofadza Chete kune Chikafu chinopindwa muropa, sezvakangoita Opium Inoratidzika Kufadza kune Mushonga Wezvinodhaka

Vanhu vane pfungwa dzakapfava vangafunga kuti hwaizova utsinye kunyima zvinhu vana vekunakidzwa kunobva mukuravira kwezvokudya zvakabikwa. Vakadaro

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vanhu vanofanira kuziva kuti kutaura zvazviri, zvokudya zvakabikwa hazvina kunaka zvachose; dzinoratidzika kuva dzinonaka bedzi kumupindwa muropa wezvokudya, kungofanana neopium inoratidzika kuva inofadza kumupindwa muropa nezvinodhaka. Kusvika parizvino hapasati pave nemunhu anotiudza chokwadi chiri nyore ichi, nekuti kubva kare hapana akambosununguka kubva mukupindwa muropa nechikafu.

Mitezo yemwana achangoberekwa inofananidzwa nekugadzirwa kwezvokudya zvakasvibirira chete. Mwana anofarira zvikuru michero nemiriwo isina kubikwa.
Anodya, nekugutsikana kukuru, zviyo mbishi, mbatatisi, bhinzi, aubergine, girini pizi nenyemba, izvo zvinonaka kwazvo kwaari, asi zvinosemesa kune akabikwa-anodya.

Mwana muduku haawani mufaro chero upi zvake kubva mukuravira kwezvokudya zvakabikwa; anozvisema uye anozvinzvenga nemweya wake wose uye ari kurwadziwa zvikuru kuti anomedza zvokudya izvozvo zvisiri zvomusikirwo. Asi murombo, mubereki akapfava haanzwisisi izvi. Anotungamirirwa chete nokupindwa muropa kwake uye, mukufunganya kwake kudyisa mwana zvakanaka, anoramba achimanikidzira zvokudya izvozvo zvakaipa zvichidzika pahuro pake zvokuti anochinja mwana kuva mupindwa muropa akakwana, nokudaro achiparadza utano hwake nomufaro.

Mumakore mashomanana okutanga ehupenyu hwake, mwana anotakura zvakaipa kurwisana nezvokudya zvisiri izvo. Izvi zvinoonekwa kubva kuzvirwere zvakawanda zvevana uye zvirwere zvemudumbu zvinowanzoitika izvo vana vanotambura nazvo, pamwe chete nehuwandu hwekufa kwevacheche. Mwana mucheche fekitari ichangobva kuvakwa, yakakwana. Haazomborwari kana tikagovera zvinovaka muviri zvenguva dzose zvinovaka muviri zvemitezo yake.

Kugamuchirwa kwepasirese kwe-raw-veganism ndiyo chete nzira yekusunungura zvese vanhu kubva mukutukwa kwehurwere kamwe chete zvachose. Kuparidzirwa kwekudya mbishi kunofanira kutanga nevanhu vanorwara, vana vachangoberekwa, vanhu vakapiwa simba rinodiwa uye uchenjeri, uye vabereki vanonzwisisa vevana vanodya mbishi, vanozosungirwa kubvisa mudzimba dzavo zvisaririra zvose zvezvokudya zvakashata kuitira kwete kuisa muedzo munzira yevana vavo. Iyi nguva yekutanga yekuzvidira kusadya chikafu chakabikwa ichagara kusvika zuva iro zviremera zvichauya

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pfungwa dzavo, uye vachatsunga kuzivisa kudya mbishi kumanikidzirwa, nokudaro vachisimbisa kungwara kwechisikwa pamusoro pevasingazivi, vasina kurairwa. Nguva ichauya apo kudya mbishi kuchatekeshera munyika yose. Mune ramangwana rakakomborerwa iroro, kubika kuchazivikanwa semhosva.

Kuoma kunofungidzirwa kwokubvisa tsika yokudya kwakabikwa hakufaniri kushanda sechikonzero chokuramba kuvadziko kunoitwa nayo. Hapana anoedza kupembedza humbavha, ugororo nekuuraya, kunyange zvazvo zvisina kukwanisa kupedza matambudziko akaipisisa aya munzanga yevanhu. Chinhu chakakosha ndechekuti masayendisiti abvume musimboti uye azivise kune veruzhinji kuti kushanda kwekubika chikafu kwakashata, kusiri kwechisikigo uye kune njodzi, uye kuti ndicho chikonzero chakananga chehurwere. Mubvunzo wechipiri wekuisa kudya mbishi mukuita chaiko unogona kuzosiiwa kune chiitiko chinotevera chezviitiko.

Kudya kwakabikwa kwakatevedzana kwakabereka kupindwa muropa nechikafu, zvirwere, sainzi yekurapa uye pharmacology. Chinangwa chekupedzisira chesainzi yezvekurapa ndechekugadzirisa nekugadzirisa nhengo dzakasakara uye dzakapwanyika dzemunhu. Panzvimbo yesayenzi yezvokurapa, munhu anodya mbishi ane sainzi yake kana utano, chinangwa chiri chekudzivirira kuparara kwataurwa pamusoro apa uye kuva nechokwadi chokuti upenyu hune utano, hunofadza, hurefu uye hune rugare kuzvizvarwa zvazvino uye zvichauya. Zvirwere zvese zvinokonzerwa nekutyorwa kwemitemo yezvakasikwa. Kudya mbishi kunomanikidza vanhu kuremekedza mitemo iyoyo.

Tsika Yekudya Mbishi Mumhuri Yangu

Nyaya yekuti pazera re60 ndinokwanisa kunyora mitsetse iyi imhaka yekuti mbishi-kudya. Makore manomwe kana masere apfuura mwoyo wangu wakanga uri mumugariro wakashata zvokuti kurova kwemwoyo kwakaratidzika kuva kusingadzivisiki. Ndaimbofema kukwira nhanho shoma; Ndakanga ndisina simba rokusimudza mugomo wemvura. Kuzvimbirwa, kushaya kudya, chirungurira, kushaya hope, kutemwa nemusoro, mirwi, gout, sclerosis, high blood pressure, tachycardia, chronic bronchitis, hemorrhoids nedzihwa zvagara zviri zvinhu zvehupenyu hwangu kwenguva yakareba. Nekuda kwekudya mbishi ndabvisa matambudziko ese iwayo. Ini ndakadzikisa zvachose BP yangu kubva pa18-20 kusvika 13, uye pulse rate kubva pa80-90 kusvika 58-60. Pasina kana chiratidzo chekuneta,

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Ndinogona kufamba kuenda kuTajrish nekudzoka (chinhambwe chemakiromita makumi maviri nemana) mumaawa mana, kukwira makomo sembudzi, kusimudza masutukesi anorema kukwira pamasitepisi uye kana ndawana nguva ndinotora rwendo rwemakiromita gumi nemaviri semazuva ese. Ini, uyo pane imwe nguva ndairwara nechirwere chebronchitis chisingaperi uye ndakaradzikwa nefuruwenza kakawanda pagore sechokwadi, handina kana kumboita dzihwa mumakore mashoma apfuura uye ndakarara pamhepo gore rese mukati. chando uye muzhizha, pasina kutya kudiki kwekutonhora kana tupukanana.

Makore apfuura, ndakava nechirwere chegout chakaipisisa zvokuti ndaisagona kubata majoini echigunwe changu chikuru; nhasi ndinogona kuzvimonyanisa nesimba rangu rose pasina kana chiratidzo chiduku chemarwadzo. Ndekupi munyika kune migumisiro yakafanana yakawanikwa kuburikidza neatophan, ACTH, digitalis, bromides, iodine, aspirin, antibiotics uye zviuru zvemimwe mishonga?

Mwoyo unoshanda pamwero we58 unorova paminiti unogona kutarisirwa nechivimbo kuti urambe uchishanda kwemakore akawanda pasina kumbova pasi pengozi yesitiroko. Pasi pemamiriro ezvinhu akabikwa-kudya akadai sekudonha mumhepo yekuputika kunoitika chete kana mwoyo usina simba, asi munyaya yangu ndiwo mugumisiro wechisikigo wekugara mukushanda kwenhengo dzangu dzekudya.

Zvinonyanya kukosha kuti pese pandinoedza kuremedza dumbu rangu nekakati wandei huwandu hwakajairwa hwechikafu chikafu, hazvigare mudumbu kwenguva yakareba, asi zvinopinda mumatumbo kamwechete uye zvichisiya muviri mumaawa mashoma, pasina kuita. chero kuora uye pasina kuburitsa kadiki diki kusagadzikana kana kundikonzeresa chero kusagadzikana. Pasi pemamiriro ezvinhu aya, kurova kwangu kunowedzera nekusapfuura kana kana kashanu kurova paminiti, nepo pandinoedza "kugutsa" chikafu chakabikwa se "munhuwo zvake," moyo wangu unorova pakarepo kusvika ku85-90. uye zvinotora mazuva kuti dumbu rangu riwanezve kunzwa kwaro kwakareruka.

Pamwe chete neni, ndiri kurera mwana wangu wechitatu seanodya mbishi. Atova mwana muduku wemakore manomwe ezera, asi haasati amboisa chimedu chimwe chezvokudya zvakaora mumuromo make. Hutano hwake ndihwo

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mufananidzo wekukwana. Iye zvino ndava kuona musiyano mukuru uripo pakati pevana vanodya mbishi nevana vanodya zvakabikwa. Zviri nyore kurera vana vanodya mbishi zana pane mwana mumwechete anodya akabikwa. Munhu haana nguva yokufunganya pamusoro pezvirwere zvevana zvakadai sokutonhorwa nedzihwa, manyoka nokuzvimbirwa, kana kuti dambudziko pamusoro pokudya kwomwana zvakanyanyisa kana kuti zvishoma zvikuru. Anofara senge raki uye pese paanoda anoenda patafura ozvibatsira chero chaanofarira kudya. Anotamba, anoimba uye anotamba zuva rose pasina chero zvipi nezvipi, asingachemi, asingakonzeri dambudziko kune avo vakamupoteredza.

Anoenda kunorara kuma8 chaiko manheru uye, apedza kuzviimbira kwemaminitsi mashomanana, anovhara maziso ake orara sepamusoro kusvika na6 mangwanani. Uyezve, iidi rinoshamisa zvikurusa kuti pashure pemwedzi mishomanene yokutanga tinogona kuyeuka nhambo nhatu kana kuti ina bedzi apo anenge akamuka mukati mousiku. Hope dzake dzakadzika uye dzine ruzha zvokuti hapana ruzha kana kufamba kunomumutsa.

Vamwe vana vomukireshi pavanogara patafura yavo yemangwanani kuti vadye chingwa nechizi, chingwa nebhata, makeke, nezvimwewo, anobudisa bhegi rake remichero raakatora kubva kumba ndokuridya chinyararire.
Patinenge tichishanya kushamwari, anotarisa asina hanya zvachose pamatafura etii akaremerwa anotenderedza vanhu vachizvigadzika uye "vanonakidzwa" nemhando dzese dzemapake nemasiwiti. Haambotauri chishuvo, kwete nokuda kwokuda kuziva, kuravidza chimwe chazvo. Ndiyo nzira iyo vana vose vanodya mbishi vanofanira kurerwa.

Mudzimai wangu, wandisina kumbomanikidza maonero angu zvishoma nezvishoma kushandura hurongwa hwake hwekudya nekuda kwemwana wake uye hutano hwake, zvino ave munhu anodya mbishi uye ari kugutsikana nemamiriro ake. Kutanga, akasiya nyama zvachose uye ipapo akaderedza ndiro yakabikwa isina nyama kusvika kumwe kana maviri pavhiki. Sezvo mwana aikura zvishoma, izvi zvakatsiviwa nembatatisi shomanana yakabikwa inotorwa nguva nenguva. Pakupedzisira, ivavawo vakaramwa zvachose apo rimwe zuva mwana akabvunza kuti, "Mhamha, kunhuwa uku kwakaipa kunobva kupi?" Pashure paizvozvo akatora chimedu chitete chete chechingwa chehupfu chaaimbodya nenzungu, mwana asingaone.* Nhasi, ari kuona kushanda kunoshamisa kwekudya mbishi pamuviri wake uye hazvishamisi.

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nokudaro, kuti arege kudya zvose zvakabikwa. Uye izvi zvose zvakaitwa pasina kuoma kukuru, kana sarudzo yakaitwa nemoyo wose. Kana pasina kunhuwa kwezvokudya zvakabikwa mumba, kudya mbishi kunova nyaya iri nyore. Iyi ndiyo nzira inofanira kuteverwa nevabereki vose vanokoshesa utano hwavo uye vanoda vana vavo.

Ese Tsika Dzakaipa dzemunhu mhedzisiro yeKubikwa Kudya

Kudya mbishi kunodzinga kunze kwenhandare humwe huipi hwakadai sehudhakwa, kuputa fodya, kupindwa muropa nezvinodhaka uye hutsinye. Kupindwa muropa uku hakuchakwanisi kuperekedza kudya mbishi. Aya maitiro ndiwo masatelliti ekupindwa muropa nechikafu.

Norukundo rwekudyisa, rugare rusingaperi ruchasimbiswa pakupedzisira munyika uye pakati pamarudzi. Mhosva dzose, ruvengo, ruvengo, manyawi, godo uye, kazhinji, tsika dzose dzakaipa dzomunhu vana vezvokudya zvakabikwa. Nekubviswa kwekudya zvakabikwa zvishuwo zvevarume zvichadzikama, pfungwa dzavo dzinenge dzave hunhu uye hupenyu hunenge hwareruka zvekuti varume havachasungirwa kubvarura nyama yemumwe kana kutengesa hana yavo kuti vadye sadza.

Iyo Kubata Kwekudya Kunofanira Kuganhurirwa kune Kutsiviwa Kwekudya Kusiri Kwemuzvarirwo Nezvakasikwa Nzira Yekudya

Kudya mbishi zvachose ndiyo nzira chete yekusunungura vanhu kubva kuzvirwere. Hafu-zviyero hazvina kumbopa uye hazvizombopa chero zvigumisiro. Pasi pemamiriro ezvinhu aripo ekubika-kudya zvese zvakagamuchirwa kuverenga kwezvinovaka muviri zvezvikafu zvakananga zvinofanirwa kubatwa sezvisina nhoroondo. Hazvina mhosva kuti chirwere chacho chii, kana mubvunzo wekudya uri kukurukurwa tinofanira kufunga chete maererano nemhombwe uye yakabikwa, yakasikwa uye isingasviki, yakachena uye yakaora. Kurudziro inoitwa zuva rega rega paredhiyo, mumapepanhau uye nedzimwe nzira dzakasiyana-siyana pakushandiswa kwevhitamini, zvicherwa nemapuroteni, uye ruzivo rwunopihwa pamakoriyumu avo, zvakazara.

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zvisingagoneki, zvisingabatsiri uye zvine ngozi, kunyanya kana zvichibva pakushandiswa kwezvinodhaka uye chikafu chemhuka.

Mukufunga nezvehunhu hwezvinhu zvinovaka muviri, hatifanire kuzvinetsa isu pachedu kuti ndeapi mavhitamini kana zvimwe zvinoumba zviripo mune chimwe chikafu. Iko kuvapo kusingachinjiki kwezvose zvakasiyana-siyana mumuromo wega wega wekudya izvo zvinofanirwa kuve zvinomanikidzwa. Naizvozvo, tinofanira kungwarira kuti hapana chimwe chezvikamu chisipo pachikafu chatinodya. Izvi ndizvo zvinoitika kana tichidya chero chikafu chemuriwo mbishi, nepo muchikafu chakabikwa chinenge chisipo muzviuru zvavo.

Kwemazana emakore ekupedzisira, zviuru zvenyanzvi dzakagadzira dietetics kudzidza kwavo chaiko. Asi sezvavakapa ngwariro kuzvinetso zvechipiri bedzi uye vasina kurangarira kuvadziko inoitwa nomoto womukicheni, nzvero dzavo dzakakundikana kuunza miuyo inoshuviwa uye, zvakatoipisisa zvikuru, nemhaka yokupokanidzana kwadzo kuzhinji, dzave dziri ngwavaira nokuda kworudzi rwomunhu. . Kunyange vanodya miriwo, avo vangaonekwa sevanonyanya kufambira mberi pakati pavo, havana kungobvumira kukanganisa kunoitwa nemoto, asi vakatsungirirawo kushandiswa kwechingwa chichena uye shuga yakanatswa, iyo isina zvinhu zvose zvinokosha. Zvakadaro, zvinofanirwa kubvumwa kuti mukukunda kupindwa muropa kwevanhu, vanodya miriwo vakapfuura mugwagwa wakanyanya. Kufamba kwakaoma zvikuru ndiko kurega nyama, mushure mezvo kutsiviwa kwechikafu chisina nyama nechikafu chisina kubikwa idanho diki, kunyangwe iri nedanho diki iri ravanofanira kusvika vavariro yavo yekupedzisira. Naizvozvo, kunofanira kukarirwa kuti vanodya miriwo vemirangariro yose vachagamuchira nheyo dzokudya mbishi uye vachaunganidza pamwe chete pasi pomureza mumwe chetewo, kuti vagoisa hwaro hwoupenyu ihwohwo hunofadza hwagara huri chiroto chorudzi rwomunhu.

Senyanzvi yezvekudya, mukurumbira mukuru wakahwinwa muAmerica naG. Hauser. Asi kunyange Hauser, anofambira mberi sezvaari mukuenzanisa nevamwe vadzidzisi vezvokudya, haafungi nezvekukuvadza kunoitwa nekubika uye saka anoedza kudzorera kukanganisa kwakaitwa mukicheni kuburikidza nemishonga. Ngatimbotii zano rake kwechinguva

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inogona kuita chimwe chinangwa chinobatsira. Asi aripi mushandi, mushandi wepapurazi kana munhuwo zvake mumugwagwa kuti awane churu chemadhora chaanofanira kubhadhara kuti awane ruzivo rwekuti imarii mamolasi matema anofanira kutora mangwanani, mbiriso yakawanda sei manheru. , kana kuti zviuru zvingani zvemayuniti evhitamini raanofanira kumedza zuva nezuva?

Iyi haisiriyo nzira kwayo. Zvinodikanwa kuti uzive zvose nyika zvakanyanya sezvinobvira neakakosha zvinhu zvemuviri wemunhu, kushandura zvakanyanya maitiro aripo ekudya uye kumisa kurudziro yezvikafu uye mavhitamini ega.

Varume vesainzi vanoziva kuti hapana munhu anodya chikafu chechingwa, mupunga wakakwenenzverwa kana nyama anogona kutarisira kurarama kwenguva refu. Asi munhuwo zvake haazvizivi izvi. Sekuona kwake, zvokudya izvozvo zvinopa utano hwakanaka kwazvo. Tinogona sei kuvimbisa kuti pasi pesimba remigariro kana kuti kupfurikidza nedzvinyiriro yourombo munhu haasati achizozvidyisa iye amene navana vake noupenzi pazvokudya izvozvo oga uye haasati achizozviparadza amene mugumisiro? Kunyange musayendisiti akatanhamara zvikurusa, akarovedzana sezvaari nechidzidzo chacho chose, haakwanisi kudzivisa kukara kwemakaro ake uye anodya zvakawanda zvezvinhu zvakashurikidzwa izvozvo zvokuti anozviuraya amene zvishoma nezvishoma asi zvirokwazvo, uye anozviuraya nokukurumidza zvikuru kupfurikidza gomarara kana chirwere chemoyo. Hazvina kukwana, naizvozvo, kungoparadzira pfungwa idzi mumabhuku; zvinodikanwa kuunganidza nhengo dzakakodzera dzehurumende kuitira kuti vaunze shanduko dzakarongwa, dzakarongwa muhutano hwekudya kwevanhu. Matanho anoshanda anofanirwa kutorwa kuderedza zvishoma nezvishoma kutambisa kukuru kwezvinovaka muviri uye kukurudzira kudyiwa kwechikafu chisina kusvibiswa uye chisina kusvibiswa. Chinangwa chekupedzisira chemhando yese yekudya kudya mbishi, kana izwi rekuti "chikafu" rikarasa zvarinoreva uye richipa nzvimbo kune izwi rekuti NATURAL NUTRITION kana THE INTEGRAL RAW MATERIALS FOR THE HUMAN FACTORY.

Kushandiswa kweArtificial Vitamins uye Minerals Kunofanira Kuve Akamira

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Huwandu hunoenderana hwezvinovaka muviri muzvokudya zvechisikigo hunosiyana zvikuru, mupfungwa yokuti pakatarisana nemirigiramu imwe yechikamu chimwe chete panogona kuva nechuru chemirigiramu chechipiri uye chikamu chimwe chemirioni chetatu. Asi chikamu chinorema chikamu chimwe chemiriyoni chemirigiramu chakakoshawo kufekitari yevanhu sezvakangoita miriyoni imwe chete inorema. Iye zvino, panguva yekubika ndizvo chaizvo izvo zvikamu zviripo mune zviduku zvishoma chete zvinoparadzwa pakutanga.

Mumwe angashamisika kuti nei fekitari yemunhu isingaregi kushanda panguva imwe chete nezvinhu zvakakanganisika zvakadaro, sezvingaitwa nefekitariwo zvayo, asi ichienderera mberi nekushanda kwayo kwenguva yakareba, zvichiita kuti vanhu vafunge kuti chero chinogutsa chido chavo chinovaka muviri. .

Chokwadi chiripo ndechekuti muviri wemunhu hausiwo zvawo fekitari. Inyika yakakura ine mamiriyoni evagari, mafekitori asingaverengeki, masangano akasiyana siyana, masisitimu, zvitoro, matura, zvichingodaro. Kunyangwe ikasawana zvinovaka muviri zvachose, inogona kuzvichengeta iri mhenyu kusvika mazuva makumi manomwe kana kutopfuura nekudaidza kuti ishandise matura ayo akachengetwa.

Mushure mekupinda mukati memuviri, chikafu chinogovaniswa mukati memuviri wemunhu nepakati peropa uye rimwe nerimwe remaseru rinogamuchira zvinhu zvinoenderana nechimiro chayo uye hunyanzvi. Asi masero egland nenhengo dzemuviri haatore chinhu kubva muzvikamu zvishomanana zvakasakara zviripo muzvokudya zvakabikwa mumhando duku dzakadai dzinogona kuverengwa paminwe yomunhu. Vanoramba vakamirira, munzara uye mukushayiwa, kusvikira tenzi wavo aratidza kutambanudza minwe yake kuti azvibatsire nechidimbu chehanyanisi, muriwo wegirinhi kana muchero.

Munhu haanzwi nzara yemasero ega ega sezvo, zvisinei nenzara yakanyanyisa ye glandular uye organic masero, dumbu rake rakazara, kupindwa muropa kwake kunogutsikana, iye pachake anogutsikana. Asi zvimwe zvirimo ndezviya zvisingabatsiri, zvisimbe uye zvisingaite maseru, anodya nemakaro "zvakakwana-zvakakwana zvekuvaka" zvinoenderana.

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kune zvimiro zvavo uye "kusimbisa nekusimbisa" muviri nekuwedzera kuwanda kwayo.

Ichi ndicho chikonzero nei ne50-60 kilogiramu yemasero akawandisa, asina basa, anonzi ane hutano, ane simba uye ane simba asina mazana mashoma emagiramu eanoshanda, akasarudzika maseru, ayo imwe kana imwe ye gland yake inogona kushanda nguva dzose. uye kugadzira zvigadzirwa zvisina mhosva. Chero bedzi glands uye nhengo dzisina kubviswa zvekupedzisira zvisaririra zvemasero anoshanda, murume anokwanisa kukwevera pakuvapo kwake neimwe nzira; asi kana dzapera, rufu runova chinhu chisingadzivisiki.
Ipapo munhu “akaguta,” “akasimba” uye “ane simba” anofa kupfurikidza nokuziya nenzara nenhengo dzake. Semuenzaniso, masero emwoyo anorasikirwa nesimba rinodiwa uye elasticity pakuita zvakajairwa zvisungo. Mwoyo unobva waedza kuchengetedza mamiriro acho nekuwedzera nhamba yemasero ayo, semugumisiro wekuti inowedzera nemasero akaumbwa kubva kumapuroteni emhuka uye chingwa chena. - Asi izvi hazvina maturo, nokuti masero aya haana simba rekuita chero basa rinobatsira uye hazvitore nguva refu nhengo isati yamira kurova zvachose.

Isu hatizive zvechokwadi, kuti zvingani zvakasiyana zvinoenda kune kugadzirwa kwetsanga yegorosi kana yemuriwo upi zvawo. Ngatitorei nhamba yekufungidzira, ingangoita nhamba, toti 10,000. Nemitemo yekutanga yechisikigo isu tinofanirwa kufunga kuti zvigadzirwa zvinodikanwa kufekitori yemunhu zvinoumbwa ne10,000 zvinhu zvakasiyana, uye mukupa izvo zvinhu zvakakosha kuti titarisire kuti chimwe kana chimwe chezvikamu hazvisi. asipo.

Iyi ndiyo yakasarudzika hurongwa hwekuvimbisa kushanda kwakajairika kwefekitori yemunhu.

Zvino ngationei kuti topsy-turvy sei iyo dietetics yeiyi yakabikwa-kudya zera ndiro. Varume vanotakura kuparadzwa kukuru kwezvinhu izvi zvakakosha uye vanodyisa miviri yavo nemhando shoma dzezvimiro zvavo.

Mushure memakore ekutsvagisa kwakadzama nyanzvi dzinoona kuti kunongova ne1015 mhando dzezvinhu muchizi, bota, chiropa kana pfungwa. Mumwe angadai akatarisira kuti vareurure kuti semugumisiro wekushanda kwavo kwenguva refu vakawana kuti chikafu chakadaro uye-chakadaro zvinosanganisira gumi-15 chete

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marudzi ezvakasvibiswa, zvisina kuenzana, zvinotakura chepfu, zvinopera uye zvakafa, uye izvo zvezvinoumba zvigadzirwa zvedu, marudzi e9990 haapo uye, naizvozvo, izvo zvekudya hazvina kukwana, zvinokuvadza uye zvine ngozi zvokuti kushandiswa kwavo sezvokudya zvinovaka muviri hakufanirwe kuve. zvinokurudzirwa nemunhu wese. Asi panzvimbo pezvo, vanotsanangura rimwe nerimwe mazita ezvese zvinhu zvavakakwanisa kuwana mune izvo zvekudya, vanotsanangura zvakadzama mabasa avo mukudya uye, mushure mekutaura zvinhu zvavo, vanovakurudzira se "zvinobatsira" zvinovaka muviri. Hapana kana izwi ravanotaura pamusoro pekushaikwa kwezviuru zvezvinovaka muviri, uye havatauri nezve basa ravo mukudya kunovaka muviri kana mhedzisiro yakaipa inogara ichitevera kusavapo kwavo.
Asi, aya mafungidziro ndiwo anonyanya kukosha emubvunzo.

Zvinofanira kurangarirwa kuti akawanda mabasa embishi

Zvikafu zviri mumuviri zvekuti kunyangwe nechishamiso chakati munhu akasvika pakuzviziva zvese, hupenyu hwese hungadai husina kukwana kutsananguro yazvo. Isu tinofanirwa kuona semumwe wemitemo yekutanga yehutano chokwadi chekuti hapana chinovaka muviri chinogona kuita chinangwa chayo chaicho kana chikatorwa chiri chega, kunze kwese.

Kana mumwe anonongedza kunyange kumusayendisiti ane mukurumbira kuti aripo hapana kana mavhitamini ari muchingwa chena chaanodya, anodzokorora, asingazezi, kuti anodyawo zvokudya zvine mavhitaminzi Nezvikonzero zvakaenzana muvaki anogona kuisa zvidhinha zvake zuva rose uye kusimudza rusvingo rwake pasina dhaka, uye ipapo. pikisa kuti pane dzimwe nguva paanoshandisa dhaka, zvakare. Hwakadaro ndihwo upofu hunokonzerwa nekudya kupindwa muropa.

Chii chingwa chichena kana chisiri sitachi, shuga, mafuta, mapuroteni uye akati wandei emhando dzemunyu wakafa - nemamwe mazwi, madota asina hupenyu emamwe mashoma e10,000 anoumba zvinhu zvedu mbishi? Chii chinonzi shuga yakanatswa kana isiri imwe pamusoro pe10,000? Chii chinonzi nyama kana isiri mapuroteni ane chepfu uye zvisaririra zvezvishoma zvakadzikira zvinoriumba? Asi, munhu anozadza dumbu rake kusvika kumucheto nezvinhu zvishomanana izvi uye anonyima nhengo dzake zviuru zvezvokudya zvinokosha chaizvo. Nezvezvirwere zvinoguma zvaitika munhengo dzake, mumwe angaumba

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imwe pfungwa nokushanyira zvipatara kana kuongorora mifananidzo iri mumabhuku ezvokurapa. Ko deformation yakaipa kudaro, maronda uye maronda zvingakonzerwa sei, kana kwete kuburikidza nekushayikwa kwezvokudya zvepamusoro?

Kunyangwe masayendisiti kusvika parizvino awana chete makumi mana kusvika makumi mashanu marudzi ezviuru zvezvinovaka muviri, chikamu chikuru chezvinyorwa zvekurapa chakatsaurirwa kutsananguro yemhedzisiro yezvinhu izvo, izvo zvakare zvinoumba hwaro hwehuwandu hwemamwe mabasa ekurapa. Kunze kwezvo, mambure makuru ezvivako zvokutengeserana akapararira munyika yose nokuda kwokugadzira nokuparadzirwa kwezvinhu izvozvo.

Tinogona kufungidzira kuti mamiriro ezvinhu achange akaita sei kana, panzvimbo pezvikamu makumi mana kusvika makumi mashanu, masayendisiti ekutsvagisa akabudirira rimwe zuva kuwana mazana mana kana mazana mashanu, tisingataure nezve zviuru zvina kana zvishanu zvemhando yezvinhu. Murume wanhasi anoita seakarasa chiono cheperevedzo yezvinhu mbishi chaiyo inodiwa nokuda kwomuviri wake; zvimwe haakwanisi kuashandisa pakarepo kana kuti anoona zvisingabviri kuawana. Saka anofanira kutarira munzvimbo dzose kuti awane imwe neimwe kuitira kuti agutse zvinodiwa nomuviri wake. Masayendisiti ekutsvagisa anoona sesainzi chete izvo zvinhu izvo mafomula anozivikanwa kwavari uye anodhindwa mumabhuku. Sezvo vasina ruzivo rwemaitiro akazara ezvikamu zvetsanga yegorosi, havaoni chero chinhu chesainzi mairi. Chinhu "chakajairika" chinowanikwa nyore nyore, chizere kwese kwese uye chinozivikanwa kumunhu wese. Asi inyaya yakatosiyana kana vakabudirira kuwana chinhu chitsva chinovaka muviri uye nekuwana fomuro yacho. Zvinobva zvaita zvesainzi; kuwanikwa kwayo kunorumbidzwa sekukunda kukuru mumunda wemishonga uye, zvakare, kunosuma kutsva kutsva uye kufarira mumafekitori, zvitoro zvemishonga nemakiriniki. Uye izvi zvese nekuti munhu haadi kusiya chingwa chake chichena.

Chero zvazvingaite, vanhu vanofanira pakupedzisira kubvuma kuti nzira chete yekubvisa chirwere ndeyekutanga kudzikamisa uyezve kurambidza zvachose kuparadzwa kukuru kwezvinovaka muviri zvinovaka.

Nekuda kweizvi, masangano ane mutoro anofanirwa kuita kushambadza kwakanyanya uye anofanira kutora matanho anoshanda kudzivirira kuparadzwa kukuru kwe

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zvinovaka muviri zvinoumba. Vanofanirwa kuwana mhando nyowani dzendiro kubva mumisanganiswa yezvikafu zvakabikwa uye vozvikurudzira kune veruzhinji, vane kudya kunovaka muviri kunozochinja zvishoma nezvishoma. Somugumisiro, zvirwere zvinotambudza vanhu zvino zvichabviswa zvishoma nezvishoma uye upfumi hukuru huchakanganiswa mukudhura kwedu kwekurarama.

Tisati tadya mbishi, mhuri yedu yaidya kirogiramu yechingwa zuva nezuva, nepo iye zvino kirogiramu yegorosi yava kutitorera mazuva masere kusvika ku10. Pakudya kwechingwa chena ndinofanira kunge ndakafa kare kare, asi nekuda kwegorosi rinopa upenyu ini ndichiri kurarama, uye ndinonzwa ndine chokwadi chokuti ndichararama kweanenge mamwe makore 40-50.

Kuenzanisa Pakati pehutano hweRaw-Eating uye Vakabikwa-Kudya Vana ndiyo Nzira Dzakanakisa dzekusimbisa Kukuvadza Kunoitwa Nekudya Chikafu Chakabikwa

Nheyo idzi dzinofanirwa kutanga dzagamuchirwa munzvimbo dzinochengeterwa vana, mudzimba dzevana, muzvipatara nemaresitorendi, uye dzinofanirwa kufambiswa nemukurumbira kuburikidza neruzhinji rwevanhu. Nechokwadi chakajeka uye chisingarambiki sezvandataura, zvinotarisirwa kuti masayendisiti anoona zvakajeka achatanga kushanda pakarepo. Asi kana vachida kuve nehumwe humbowo hwekongiri, ini ndinokurudzira bvunzo inotevera. Itai kuti vacheche vari mune imwe yeimba yevana vagovane mumapoka maviri akaenzana, rimwe rayo rinofanira kudyiswa nenzira dzemazuva ano dzokurapa, imwe inounzwa nemitemo yezvokudya zvakasvibirira. Zvadaro regai hutano hwemapoka maviri hufananidzwe nemumwe. Handina mubvunzo chero ipi zvayo kubva pakutanga zvichave zvakajeka kune nyika yose kuti ndeipi yehurongwa huviri), yezvokudya ndeyechokwadi yesayenzi uye yevanhu. Migumisiro yakafanana inogona kuwanikwa nekugadzirisa nzira yekurapa varwere vechipatara.

Vanhu vakawanda vane pfungwa dzakapfava vangaramba muedzo wacho nemhaka yokuti chivi kana kuti chinokuvadza kuita “miedzo” yakadaro pavana. Zvisinei, kana vanhu vakadaro vakadzamisa pfungwa, vachaona kuti hakusi kuedza kuchengetedza upenyu noutano hwomwana nokumupa zvokudya zvakakwana zvezvakakwana zvinovaka muviri zvakarongwa.

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nemasikirwo emunhu. Kuedza chaiko ndekwokuedza kusiri kwomunhu kunoitwa pasi pechiziviso chesayenzi nemhando shoma dzezvinhu zvinogadzirwa zvisati zvazivikanwa murabhoritari, zvichibva zvaita kuti mamiriyoni evana abve muupenyu vachiri vacheche, achisiya vabereki vavo vachirwadziwa. kusuwa. Maedzo ndeaya maopareshen anotamba nehutano hwevanhu ne1,001 yakasvibiswa chikafu uye chepfu uye kugadzira zvirwere zvitsva. Zvirwere izvi zvinodaidzwa nemazita ezvirwere zvebudiriro, pasina kana kunzwa kunyara pa "budiriro" yakadaro uye pasina kuratidza kuti mamiriro akazvara zvirwere zvakadaro anogona kunzi kusaziva, hutsinye kana hutsinye, asi kwete budiriro.

Scientific Institutions neMatumbi Ehurumende Ane mutoro Anofanirwa Ongorora Dambudziko reMbishi-Kudya Pasina Zvimwe

Kunonoka

Ndakaronga nzira yakanyanyisa uye panguva imwe chete yakapfava uye yakasikwa iyo vanhu vachasunungurwa kubva kuchirwere chiri chose pasi pano. Iyi inyaya yakakosha iyo vese vesainzi, vanachiremba, vakangwara uye masangano ehurumende ane mutoro anofanira kutarisisa ipapo. Vanofanira kuratidza pachena kuti ndakanganisa mumaonero angu uye nekuaramba nekuedza kwekutanga, kana kuti vanofanira kusimbisa chokwadi chavo uye kutora matanho anodiwa kuti vazviite. Kunyanya, kana kusava nehanya kana kunyarara kunoratidzwa navanachiremba, zvinogona kutorwa neruzhinji senzira yakajeka yekusada kwavo kudzivirira zvirwere, kuitira kuti munda wavo kana kushanda kwavo kurege kuderedzwa. Ini pachangu, handitendi kuti izvi ndezvechokwadi, nekuti vanhu vashoma vanogona kuve vasina tsitsi; asi vanachiremba vanofanira kupa humbowo hwakasimba hwekuti vane chinangwa chepamusoro uye chakanaka kupfuura kuita mari, uye kuti chinangwa chavo, chokwadi, basa resainzi, kushandira vanhu.

Vanachiremba vanokudzwa, vane pfungwa dzeveruzhinji uye vasingadi vanosvika pachinangwa chavo nekubvuma kudya kwakabikwa, nepo vanachiremba vasina hunhu, vane udyire uye vane ruchiva vanoona mazviri kurasikirwa kwavo. Iko kunonzi kuomerwa kwekuchinja tsika dzakadzika midzi kunogona kungoshanda sechikonzero chisina kusimba

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vanofukidzira zvido zvevanhu vakaipa. Kuwanikwa kwekudya mbishi ndiwo mukana wakanakisa wekusiyanisa vanokudzwa kubva kune vasingazvidzwe, vakanaka kubva kune vakaipa, vakachenjera kubva kune vasina kungwara.

Hapana basa rinokosha zvikuru rekubatsira vanhu kupfuura kuparidzirwa kwekudya mbishi. Izvo zvinodikanwa kumutsa vanhu vese kubva mukukotsira kwemazana emakore, kuvhura maziso avo, kuizunza kubva mukuneta kwayo uye kuisunungura kubva kuhusiku hwayo hwazvino. Vapfumi vanofanira kupa mari yavo kuchikonzero ichi; vakangwara pfungwa dzavo. Zvakakosha kuumba nzanga, kutanga makirabhu, kubudisa mapepanhau uye kudhinda mabhuku. Pamusoro pezvo, zvinodikanwa kuvaka sanatoria yakafara nezvinhu zvese zvekuzororora, zvevaraidzo uye zvemitambo, uye kuburikidza ne“kusungwa” kwemwedzi mishoma kuti apore, kumutsidzira, kusunungura rusaruro runoparadza, uye kubatsira nekuvhenekera vanhu ivavo. vasina ruzivo rwakakosha uye simba. Zvinonyanya kukosha uye zvinodikanwa kupa mari nesimba kuchinangwa ichi pane kuvaka zvivakwa zvisina basa zvatisingade zvakaita semachechi kana zvikoro nezvipatara. Kudya mbishi ibwe rekuongorora ratinogona kuona naro kuti ndeupi munhu ane njere ane kutonga kwakasununguka uye kusingadzoreki, kana kuti ndeupi munhu anonyatsofarira hutano nekugara zvakanaka kweveruzhinji. Imo mumabhii egoridhe umo nhoroondo ichanyora mazita evanhu vakadaro.

Kutaura Chokwadi hachisi Chivi

Vamwe vanondipomera kuti ndine rurimi rwakapinza. Pandinodaidza vanodya zvakabikwa kuti mhondi, mafiride nematsotsi, handisi kupomera; Ndiri kungotaura chokwadi, chinovava sezvo chokwadi ichocho chingava.
Apo amai vanozadza muromo womwana wavo wavanoda zvokudya zvinopisa namaoko avo amene anongwarira, vanokuvadza mitezo yomwana wavo ndokumutungamirira kuchirwere uye kurufu. Kana chiremba achigadzira kudya kwe "zvinovaka muviri" uye "zviri nyore kugaya" chikafu chevana vadiki uye

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anonyora mapiritsi emavithamini ekugadzira pamutengo wemiriwo nemichero, anoita mhosva yakakura.

Zuva rega rega ndinocherekedza kuti, nekukatyamadza kunoshamisa kweramangwana, vasina simba nevanorwara vanoona sei kurapa izvo zvinhu izvo zvave zvakakonzera hurwere hwavo, uye vanovadya nemakaro, nepo, pane kudaro, vanonzvenga nekutya chete. zvinhu (michero yakasvibira nemichero) zvinogona kuvadzorera kuhutano, nokuti vanozviona sechikonzero chekutambudzika kwavo. Mamirioni oupenyu anobairwa bedzi nemhaka yeiyi pfungwa isina kururama inouraya. Munhu anopinda mukati mehudzamu hwakazara hwenjodzi haangamborambi akatonhorera uye asina hanya.

Hapana Chipingamupinyi Chemutemo Chiripo Kupesana Nekuparadzwa kwe Raw Materials Akaitirwa Factory Yevanhu

Kana chikanganiso chidiki chinouya pachiedza muchiyero chakakodzera che zvigadzirwa zvinopihwa kuindasitiri yedunhu, vanhu vane mhosva vanopomerwa mhosva yekuregeredza uye vanounzwa, nepo avo vanoita hupombwe hwakanyanya muzvigadzirwa zvinodiwa pakushanda zvakanaka kwefekitori yevanhu vanowanzoenda vasina scot-free. Muzana rino ramakore rekufambira mberi kwesainzi, munhu asingazive uye benzi ane kodzero yakakwana yekutsvaga nzira nyowani dzekudya kwechisikigo, uye kugadzira uye kupa kutengesa izvo zvinodyiwa zvakanyanya. Asi chinonyanya kushamisa ndechekuti musayendisiti mukuru, mukuru we cytologist, akazvipira hupenyu hwake mukudzidza nezvezvinhu zvipenyu zvemasero mapenyu, kana nyanzvi yezvekudya, ine chinangwa chikuru muhupenyu hwake kushanda kunze kwemasero mapenyu. kudya kwakakodzera kumunhu, anotenga murwi wezvinhu zvakaora zvakadaro uye ozvipa kumasero ake, nekusakendenga kukuru uye kusangwarira, achitungamirirwa nezvinoraira zvemukanwa wake chete.

Pakutanga kuona zvinoita sezvisingadaviriki kuti tinogona kuzvisunungura pachedu zvirwere zvose nekudya mbishi. Asi hukuru hwechirevo chacho huri muidi chairo rokuti "zvisingadaviriki" zvinova nyore kuva chokwadi chakazadzikiswa. Kuoma kwekusiya kudya-kupindwa muropa hakufanirwe kutorwa semhinganidzo pakuzadzikiswa kwechinangwa che

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mbishi-kudya; pachinzvimbo, chinofanira kushanda sechiyero chekuyera simba remuvengi kurudzi rwevanhu uye chinofanira kutikurudzira kuti tiite zvese zvatinogona kudzivirira kupinda kwechikara chinotyisa kudaro mumutumbi wemwana achangozvarwa. Kunyange avo vanhu vanokuwana kwakaoma kurega kudya kwakabikwa ivo vamene, uye vachirambira mumiitiro yavo inokuvadza, vanofanira kusimbisa zvokwadi, uye nokuda kwechizvarwa chiri kukura neremangwana revanhu vanofanira kurwira kukunda kwechokwadi ichocho nokuparidza. uye kutsanangura misimboti yekudya mbishi uye nedzimwe nzira dzese dziripo.

Zvechokwadi, kune avo vane pfungwa dzakatetepa uye vanotarisa shure avo vanosarura zvisingachinjiki mukufarira chikafu chakabikwa uye zvinodhaka misimboti yekudya mbishi yakatonyanya kumberi, asi nhasi isu tiri kurarama muCosmic Age, uye kwete muMiddle Ages, apo pfungwa dzese dzinofambira mberi kana kugadzirwa kukuru kwaive kwemakore kutambudzwa. vasingazivi chinhu. Nhasi, inyaya yekupona kana kuparadzwa kwerudzi rwevanhu yakaiswa pamberi pedu. Kuzeza hutsinye.

Mbishi-Kudya Kunopa Mabhenefiti Akakura Muruzhinji Economy uye Inosimudza Mwero weKurarama Kwakati wandei Nguva

Huwandu husingadaviriki hwekudya hunoparadzwa pamoto uye nemhando dzakawanda dzekupeura, kunatsa uye kugadzirisa. Semuenzaniso zvinogona kutaurwa kuti 100 gramu yegorosi yakamera ine hukuru hwekudya kunovaka muviri kupfuura chingwa chena chinowanikwa kubva kilogram yegorosi. Ndizvo zvimwe chete nemhando dzose dzechibage, mhunga, miriwo nemichero. Kana isu tikasiya nezvese chikafu chemhuka nhasi, miriwo inogadzirwa munyika inozokwanisa kuzvidyisa pachayo kanoverengeka huwandu hwevanhu varipo pasirese, kunze kwekunge ichidyiwa iri mbishi. Chirevo chaicho chekudya mbishi chichava chinonzwisisika, kana tikafunga nezvebasa, nguva uye mari iyo vanhu vanopambadza mukuparadza izvo zvinovaka muviri, tobva tafunga zvese.

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mari yezvokurapa inoitwa nehushumiri hwakasiyana-siyana hwezveutano uye neruzhinji rwevanhu mune tarisiro yekubvisa kuparara kunounzwa munhengo dzedu nekuparadzwa kwezvinovaka muviri zvimwechetezvo. Ini ndakagadzirira kuratidza chokwadi chezvandinotaura neumbowo hwechokwadi kune chero munhu angangoda kuve nehumwe humbowo pachinhu ichi. Nhau haisati ichizotongokanganwira avo vanhu vane mutoro vane chiremera vanoratidzira kusaitira hanya muiyi nhau ndokuvhara nzeve dzavo kuidzi zvokwadi dzinochema kuti varuramise kupindwa muropa kwavo kwomunhu oga.

Panogona kuva nezvikonzero zviviri chete zvekuramba kwavo kugamuchira nheyo dzekudya mbishi. Vanofanira kutaura kuti vanosarudza kushivirira kuvepo kwezvirwere pane "kunyima" vanhu "mafaro" ekudya kwakabikwa uye kusiya mukana wekuita nhevedzano ye "budiriro yesainzi" inowanikwa semhedzisiro. yekushanda nesimba kana, nekuita kwebvunzo dzekutanga dzakarongwa neni, dzinofanirwa kuratidza kuti, kure nekusunungura vanhu kubva kuzvirwere, kudya mbishi kunovakuvadza zvakanyanya.
Izvi vachaona zvisingabviri kuita. Zvinotevera kuti havana imwe nzira kunze kwekuvimba nekufunga kwavo kwekutanga, hutsinye hwakanyanyisa hunoonekwa kune vese.

Naizvozvo, pachinzvimbo chevana vese vasina mhosva, ndinoda kuti vanopikisa kudya kwakabikwa vanofanirwa kuendesa kupikisa kwavo kune vezvenhau, kuti vawane mhinduro chaiyo uye maonero eruzhinji ave nemukana wekutora mhedziso dzinodiwa uye kutaura. mutongo wekupedzisira uye wakarurama.

Wese Munhu Anofanirwa Kuziva Chaiyo uye Yakabatanidzwa Raw Zvishandiso zveMuviri Wake

Wese munhu anodada muridzi weimwe yakaoma mafekitari ari munyika uye ndiye ega ane basa rekushanda zvakanaka kwefekitari yakapihwa. Kuri madikanwa, naizvozvo, kuti iye anofanira kuva akasanorovedzana chose chose nechaiyo, isina chikanganiso uye inokosha mbishi zvinhu zvefekitari inoshamisa iyoyo.

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Kuvimbika kwezvinhu izvo mbishi hakutemerwe nehuwandu hwemapuroteni, mafuta, makabhohaidhiretsi, mavhitaminzi, zvicherwa nemakoriyori ayo anotsanangurwa neanhasi biologist mumabhuku avo ezvekudya. Uyewo hazvibviri kuzvitsanangura nekuisa parutivi ndandanda refu yemabikirwo ezvokudya zvakabikwa.

Kuburikidza nemamiriyoni nemamiriyoni emakore uye nekuverenga kwakanyatsojeka hunhu hwedu hunoshamisa hwakaunza pamwe chete zvinhu zvakakosha zvemuviri wemunhu, zvakazvibatanidza mukuwirirana kwakakwana uye muhuwandu hunodiwa, hwakavapa hupenyu uye hwakaisa mumuriwo. miviri muchimiro chemasero mapenyu.
Chakavanzika chose chekudya chiri mumasero iwayo akafa kana ari mupenyu. Mumamiriro ezvinhu ose hapana zvinhu zvine masero akafa zvingashanda sezvinhu zvinogadzirwa nefekitari yevanhu.

Munhu haafaniri kurasikirwa nepfungwa yake yechiyero uye kufara pamusoro pezvigadzirwa zvake kupfuura miganhu yepfungwa. Ichokwadi kuti mukudzidza kwezvekudya kunovaka muviri nyanzvi dzezvipenyu dzakatora dambudziko rakakura uye dzakawana zvakawanda zvakakosha zvakawanwa, izvo zvinofanirwa kunyatsokosheswa nesu. Zvose izvozvo zvakabudirira, zvisinei, zvingaonekwa zvakakura chete maererano nekugadzirwa kwemazuva ano uye pfungwa dzemunhu. Mukurwisana nouchenjeri hukurusa hwechisiko kunyange masayendisiti akatanhamara zvikurusa, nokudzidza kwawo kwose uye zviwanwa zvisingaverengeki zvawo, haana nzwisiso huru kupfuura mwana wavashanu. Havana kodzero, naizvozvo, yokuvhiringidza kuwirirana nokuvimbika kwezvinhu zvakagadzirwa nomusikirwo uye kumanikidzira paruzhinji kuputsanya kwavo kwouhwana kwezivo sesayenzi yakakwana.

Pasina mubvunzo, mukuedza kupinda mukati mezvakavanzika zvezvokudya Chinangwa chikuru chemasayendisiti ndechekuziva zvese izvo zvinovaka muviri zvakakosha kumuviri wemunhu, kuona huwandu hwazvo uye nekuzvibatanidza pamwechete. Mune mamwe mazwi, vanoshuvira kugadzira tsanga yegorosi kana derere uye kupa hupenyu kwairi. Asi izvo munhu ave asingakwanisi kuwana pashure pezviuru zvamakore zvebasa risingaperi, chisiko chinopa kwatiri pachena nhasi. Chii chimwe chatinoda? Tinovaraidzwa here nekusahadzika kupi nokupi kunoratidza huchenjeri hwe

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chisiko chose kana kuti kupindwa muropa nenyama kunokurudzira munhu kuita upenzi husingadaviriki here?

Hupenzi uye kune ngozi kufunga kuti tinoda zvimwe mapuroteni kana zvimwe zvinovaka muviri kupfuura zviri mumiviri yemuriwo. Kana iyo yekupedzisira ine zvidiki zvishoma zvemapuroteni, zvinotevera kuti miviri yedu haidi zvakawanda, nekuti ndizvo chaizvo neiyo huwandu iyo muviri wedu wakavakwa uye wakagadziridzwa mukati menguva yemamiriyoni emazana emakore.

Vamwe vanhu vanofarira kwazvo kutaura nguva dzose nezvemuviri-zvokuvakisa. Kana mapuroteni emhuka "akanyatsogadzikana" uye "kudya kunovaka muviri" kwaigona kuwedzera urefu hwechizvarwa chega chega zvishoma semirimita imwe, nhasi kureba kwemunhu kungadai kwakatowedzera nemamita akati wandei.

Misa-yakagadzirwa mavhitaminzi ekugadzira haingamboshanda sezvinovaka muviri nekuda kwechikonzero chakajeka chekuti kazhinji mukati memaminitsi mashanu mushure mekupinda kwavo mumuviri wemunhu vanomisa mabasa emuviri wedu zvachose; nemamwe mazwi, vanotidzinga kurufu.

Zvinosiririsa kusaona kwenguva pfupi kuona chero chikafu sechinobva vhitamini chaiyo kana chero chimwe chinovaka muviri.
Ese maoganisirwo akaumbwa akaumbwa anenge akafanana, asi anosiyana mune iwo emuviri uye makemikari zvimiro nekuda kwekusiyana kwekuumbwa kwawo uye chimiro chemorekuru. Saka, munhu wese anoziva kuti doro neshuga zvinoumbwa nemakemikari akafanana (carbon, hydrogen uye oxygen), asi zvakasiyana zvakanyanya muvara, kuravira uye chitarisiko. Shiri dzinochengetwa mumakeji dzine rudzi rumwe chete rwembeu kana zviyo uye mhuka dzepamusha dzinowanzodyiswa nemhando imwe chete yehuswa. Asi, zvisikwa izvi zvinowana zvakakwana mapuroteni, mafuta, mavhitaminzi nemamineral kubva kune rumwe rudzi rwechikafu chavanopihwa.

Kurapa kwezvirwere kuburikidza nemavhitamini enhema, maantibioti anoparadza uye chepfu dzakasiyana-siyana kuedza kusina tariro kunobva kwete pane etiological uye pfungwa huru, asi pane zviratidzo, zvinoratidzika uye zvinopesana.

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Hapana vhitamini yakagadzirwa inogona kudzorera kuenzana kunoshamisa kwemavhithamini echisikigo akapiswa pamoto; hapana chepfu inogona kudzora zvakajairwa zvipenyu mabasa enhengo dzakaora uye glands; hapana mushonga unorwisa mabhakitiriya unokwanisa kutsiva iwo chaiwo maantibioti akaparadzwa mukicheni.

Mhuka dzinoporesa maronda adzo nekuananzva. Kuvanza kwavo nemate zvakapihwa bactericidal properties. Izvo zvakavanzika zvemurume akabika-kudya, zvisinei, hazvina zvinhu zvakadaro. Iwo anodya mbishi anodzivirira njodzi yekutonhora kwakanyanya kuburikidza nesangano rezvakavanzika zvinoburitswa nematishu emudumbu rekufema, nepo anodya-akabikwa anoburitsa hova dzesputum nemate, asi haakwanise kuramba njodzi imwe cheteyo.

Zera reKubika-Kudya Izera Iro Kupindwa muropa, Kutenda mashura uye Microbes Kutonga Kukuru

Mishonga yemazuva ano yakakomberedzwa nemambure akamonereka ekutenda mashura kusina maturo. Basa rose rekurapa rinobva pane zviratidzo, zvinoratidzika, zvinonyengera uye zvinopesana, asi iyo inonyanya kukosha uye yakakosha nheyo yakavigwa mukukanganwa. Iyi inyaya yekuti KUSHANDA KWAKAKABVA KWEFEKTA YOSE KUNOITWA NEKUPIWA KWEUNIFORM YEZVINHU ZVINONYANYA ZVINOTAURWA NEInjiniya. Pakadai, ZVINHU ZVAKASIYANA ZVIMWE ZVIMWE ZVIMWE CHETEERE YEVANHU NDIWO MASANGA EMIRIWO MUPENYU UYE HAPANA ZVIMWE.

Adhakwa nebudiriro shomanene dzounyanzvi, murume wanhasi anozviona ari pakakwirira pebudiriro, nepo chaizvoizvo achikweva upenyu hwechinyakare zvikurusa, husiri hwomuzvarirwo uye hunotyisa hwezvinotyisa.
Kazhinji, mune zvematongerwo enyika, zvehupfumi, tsika uye hutano pfungwa nemanzwiro emunhu zvinodzorwa uye zviito zvake zvinotungamirirwa nezvinosemesa uye mashura asina maturo. Vachikanganwa matambudziko akanyanya uye akakosha ehupenyu, varume vanowedzeredza tunyaya tusina kukosha uye voshandura kuita mibvunzo yakakosha, vobva vapambadza yakawandisa yenguva nezviwanikwa, kugadzira.

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ruvengo, kudeura makungwa eropa uye kuparadzira ruparadziko noruparadziko rwapose pose.

Vanyori venhoroondo dzekare vakapenda nemavara anosemesa zvikurusa manyepo nemitero inobvisirwa vakundi vokumwe. Nepo nhasi uno, nguva yavanotora hutungamiriri hwehurumende, varume vanoonekwa sevakabudirira uye vakavhenekerwa vanoshandisa zvikonzero zvakasiyana-siyana zviri pamutemo kutora zvinopfuura zvikamu makumi mapfumbamwe kubva muzana zvemihoro yese yevanhu vavo kuitira kuti vagutse zvipindwa muropa nezvishuvo zvavo. Vanokurudzira kugadzirwa kwefodya, doro uye zvinwiwa zvisina doro, tii, cocoa nekofi, izvo zvose zvinokanganisa hutano hwevanhu, uye zvino vanozvikudza pamusoro pekuwedzera kwemari yehurumende inowanikwa kubva kune izvo zvinyorwa. Sezvinongoitawo baba benzi vemhuri vangafarira kamari kake kaduku-duku kakawanwa nemutengo wepondo yakatambiswa nevana vavo uye, zvakatonyanya kuipa, nemutengo unorema wekukanganisa utano hwavo.

Kuti mazano azvino uye kurudziro yemavhitamini ega nemaminerari haawane chero mhedzisiro inobatsira chero inoonekwa kubva muchokwadi chekuti, zvichikurudzirwa nekushuvira kwekupindwa muropa kwakasimba, tsika dzekudya kwevanhu dzinokura zvishoma nezvishoma pamaitiro anotyisa anokurudzira kugadzirwa kwezvokudya zvine ngozi zvisina mavhitaminzi nemamineral. Pasina kuzorora kushoma kana kuzorora, kunoramba kuchimuka mafekitori ekugadzira fodya, doro uye zvisiri zvinodhaka, mabhisikiti, masiwiti, ice cream, soseji, chikafu chemumagaba, chingwa chichena, margarine uye zvimwe zvinhu zvine njodzi.

Vese ava vanouya kuzoratidza izvozvo mumafambiro ehupenyu hwavo hwezuva nezuva vanhu vanotungamirirwa kwete nepfungwa dzakajairika, asi nekupindwa muropa kunoparadza uye nekutenda mashura kusina maturo kunyanya kune vanhu vanodya zvakabikwa. Munyika ino mune mapoka akawanda anozvinetsa nemibvunzo diki neyechipiri yezvido zvishoma.
Kubva zvino, basa rekutanga revanhu vakabudirira rinofanira kunge riri rekuita mushandirapamwe wechimbichimbi uye wakasimba wekurwisa kupindwa muropa nekutenda mashura kwerondedzero yese. Iyi ndiyo chete nzira huru iyo munhu angashandisa

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Kubudirira kuwana hupenyu hwakawandisa, hune rugare, hwakasununguka, hune hutano, hurefu uye hunofadza hwaagara achishuvira.

Humbowo hwekongiri huri pamberi pemeso angu. Nokudya mbishi kwete chete ndaponesa hupenyu hwangu, asi ndakazvisununguraa kubva kuzvirwere zvese izvo zvaigaronditambudza uye ndakadzinga zvachose kubva kwandiri chiya chinotyisa chekufa kwekutanga. Pazera ramakore makumi matanhatu nerimwe, apo vanobika-vanodya vanorega kushanda voenda pamudyandigere, ndakawanazve utano, simba, simba uye simba zvejaya re25.
Kwemwedzi pakupera, ndinoshanda maawa 16 pazuva, ndisingambonzwe kuneta.
Ndine chivimbo chekuti ndichararama zvakare nguva yakazara yehupenyu hweanodya akabikwa.

Zvakagara zvichinzi munhu anofanira kudya kuti ararame kwete kurarama kuti adye. Iye zvino nguva yasvika yekuratidza kuti ndivanaani vanotora kudya senzira yekuzadzisa uye kwete magumo pachawo. Rega vanhu vakadaro vatevedzere muenzaniso wangu, vapinde munhandare, vabatane maoko muchinhu chimwe chete, kurwisa kupindwa muropa kwose kwomunhu uye kuzarura nzira inoenda kuupenyu hutsva hunofadza nokuda kworudzi rwose rwomunhu.

Nyaya dzinokurukurwa mubhuku rino hadzisi mibvunzo inokosha inofanira kukurukurwa pasina vanhu. Inyaya dzine chekuita nevanhu pamwe chete uye dzinofanirwa kutariswa pachena kuitira kuti munhu wese akwanise kuziva izvo zvemuviri wake chaiwo.

Iro ibasa reavo vanhu vese vanofarira hutano hwavo uye hwevana vavo kusimudza inzwi uye kuda kuti avo vanopokana nemisimboti yekudya mbishi vanofanira kuendesa kushoropodza kwavo kune vezvenhau, kuti ini ndive mukana wokuvapa mhinduro dzakakodzera uye nokudaro kubvisa kusava nechokwadi kwevoruzhinji pamusoro pedzidziso yokudya mbishi.

Appendikisi

Vaverengi vemabhuku angu pamusoro pekudya mbishi vanowanzoshanda kwandiri mumunhu uye mukunyora uye vanobvunza ruzivo rwekudya kwakakosha-kudya mbishi. Zvino, anodya mbishi haana chirongwa chamangwanani,

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kudya kwemasikati kana kwemanheru. Anodya chero nguva yaanoda, chero chaanoda uye nechero chido chake chekudya. Asi nokuti vanobika-vanodya, vakajaira maawa anokosha nemitemo yekudyisa, vanoshuva kuona hurongwa hwekudya mbishi, zvakare, hunodzorwa pasi pemimwe mitemo, ngazvive zvakadaro. Hapana kunyanya kuipa mariri.

Iko, hongu, inopfuura kugona kwemunhu mumwechete kugadzira akadzama mabikirwo uye kuronga akasiyana menyu kuti abatanidze nhamba huru yezvitsva zvitsva. Kusiyana-siyana kusingaverengeki kwezvokudya zvakabikwa uye zvokudya zvakasakara zvatinoona nhasi zvakagadziridzwa zvishoma nezvishoma, mukufamba kwezviuru zvemakore uye nekuedza kwezviuru zvevanhu.
Apo vanhu pakupedzisira vanopwiswa kuti nzira ine mufungo zvikuru yokudyisa nayo kudya kwakabikwa, marudzi mazhinji ezvokudya zvinonaka achaita kuoneka kwawo, sokunge zvakadaro, usiku hwose.

Kunze kwekunge apedza mavhiki mashoma enguva yaanowanzo kupedzera mukubika, mukadzi wese wepamba achakwanisa kudzidzira, maererano nekuravira kwake, zvakasiyana-siyana zvezvikafu zvitsva zvakasanganiswa nemusanganiswa wezvakawanda zvekudya zvakabikwa zvinowanikwa kwatiri; uye mukuita kudaro, iye achapfumisa iyo general menyu panguva imwe chete. Ngatitorei mhuri yedu semuenzaniso.

Mushure memiedzo yakati wandei ndakasvika pamhedziso yekuti zvikafu zvakaita sezviyo, pulses, mbatatisi, aubergines uye marora, iyo mbishi kudyiwa iyo inonzi haigoneke nevanopindwa muropa nezvokudya, inogona kusanganiswa muhuwandu hwakasiyana-siyana kuti iite savory salads sezvavanoda. kunyange akapindwa muropa nenyama zvikuru.

Tinonyika gorosi, nyemba, chickpeas, bhinzi, nezvimwewo mumvura yakawanda. Paanotanga kumera muzuva rimwe kana maviri, tinoasuka nemvura yakachena. Zvadaro tinobvisa mvura iyi, tivhare hari nechifukidzo uye tiiise munzvimbo inotonhorera. Mumamiriro ezvinhu aya vanogona kudyiwa kwemazuva matatu kana mana. Zvinogona kutorwawo nemazambiringa akaomeswa, walnuts, mazuva uye zvimwe zvakawanda zvinodyiwa kana zvinogona kusanganiswa nemasaladhi akasiyana.

Patinenge tichida kugadzirira saladhi, tinopfuudza gorosi, nyemba, nezvimwewo kuburikidza nemuchina wekucheka, uye gadzira mbatatisi uye makaroti pane yakanaka.

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grater; tobva tacheka magaka, matomatisi nehanyanisi kuita zvimedu zvitete nebanga, tochekerera mhiripiri yegirinhi nemhando dzinoverengeka dzemiriwo.

Iye zvino tinozvisanganisa zvose pamwe chete uye tinowedzera mafuta emuorivhi akasvibira, muto mutsva wemonamu uye mvura shoma shoma yemvura. Mumwe anogonawo kuwedzera walnuts, mazambiringa akaomeswa, mazuva, zvichingodaro. Humwe huwandu hwezvigadzirwa zvinoenderana nekuravira kwega. Muzhizha zvinofadza kudya saladi dzakadaro iced.

Kutora nzira yekugadzira iyi saradhi sehwaro, zvinokwanisika kugadzirira yakakura dzakasiyana siyana dzesaladhi mumhando dzakasiyana uye kutaridzika nekushandisa marudzi ese emiriwo nemimwe miriwo, senge sipinachi, lettuce, aubergine, beetroot uye, kazhinji. , chero zvipi zvatinopiwa neminda yedu yemiriwo, asi zvakakosha zvikamu zvesadhi zviyo, pulses uye mbatatisi.

Iyi saladhi inofanira kuva chikafu chekutanga chevanhu vose. Ichi chikafu, chinova chikafu chakakwana chevapfumi nevarombo, chine zvakanakira kuva chinopa utano, chinosimbisa, chinogutsa, chinovaka muviri uye chakachipa. Iro ndiro rine zvinhu zvose zvinokosha zvehupenyu hurefu uye hune hutano. Ndiro mushonga unorwisa zvirwere zvese. Ndiro yezvokudya izvi, pamwe chete nomuchero muduku wokuwedzera, zvinokwana kuita zvinodiwa nomurume zuva nezuva uye panguva imwe cheteyo kumudzivirira pachirwere chemarudzi ose.

Tichifunga nezvekudiwa kwemamwe marudzi yemichero inoshomeka munguva yechando, vamwe vanhu vanofunga kuti kudya mbishi kucharatidza kudhura ipapo. Vanofungidzira kuti anodya mbishi haafaniri kudya chimwe chinhu kunze kwemuchero mutsva makore ose. Izvi, chokwadi, hazvisi zvechokwadi. Kune vanhu vanopedza kudya kukuru nemuchero wakawanda. Kana vanhu vakadaro vakadya muchero iwoyo nechikamu chete chechingwa chavanowanzodya (asi muchimiro chegorosi, hongu), vachazviwana vagutsikana zvakakwana. Nenzira iyi, ivo vachaponeswa zvese zvinodhura uye dambudziko rekugadzira chikafu chakabikwa, tii, makeke uye mamwe marudzi ese ezvimwe zvinodyiwa zvinodyiwa.

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Kune zvimwe zvekudya, segorosi, walnuts, midzi yemiriwo, inowanikwa mumwaka yese yegore nekungochinja kudiki kwemitengo yavo. Uyezve, zvibereko zvitsva zvinogona kuwanikwa mumwaka; saka, kana murobheri awanda tinogona kuzvidyisa pachedu kunyanya nemamurubheri, nezvimwewo nemazambiringa nemimwe michero.

Munguva yechando mhando dzakawanda dzemichero yakaomeswa zvakasikwa inogona kunyudzwa mumvura inotonhora, yakashandurwa kuita compote yakasvibirira uye inonakidzwa nekunakidzwa kukuru. Kune iyi compote tinogona kuwedzera mamwe nuts, pistachios, yakamera gorosi, cardamom kana vanilla powder, etc. Raw compote ndiyo inonyanya hupfumi uye panguva imwechete kudya kunofadza zvikuru munguva yechando.

Kunze kwekudya mawalnuts, maarumondi, mapistachio nenzungu dzehazel pazvakasikwa, zvakasanganiswa nemimwe michero yakaomeswa, tinogonawo kuzvikuya tozvishandisa mune mamwe marudzi akasiyana-siyana, kana kuti tingazvisanganisa nehotchpotch yemuriwo mbishi kana kuti macompote akasiyana-siyana. Mushonga unofadza kwazvo weanodya mbishi ndiyo "Halva" kana sweetmeat yewanuts, maarmond kana pistachios. Izvi zvakapwanyika, zvinorungwa kuravira nekadhiamom, vanilla kana safoni uye zvakachekwa kuita zvidimbu zvidiki. Iyi Halva inodyiwa nekunakidzwa kukuru nemiriwo yakasiyana siyana yegirinhi. Inogona kuiswa mushizha relettuce yodyiwa sesangweji. Mvura yakasanganiswa nemuto mutsva weremoni ndicho chinwiwa chakanakisa chinogona kupihwa kuvana.

Mukupedzisa, zvakakosha zvakare kuyeuchidza muverengi nezve zvakanyanya Mamiriro ezvinhu anokosha anofanira kugara achifungwa. Munguva yekutanga yekudya mbishi-kudya vakapindwa muropa vanogona kusangana nemhando dzakasiyana dzekusagadzikana, izvo zvinogona kusiya fungidziro yekuti chikafu chisina kubikwa chinokuvadza kwavari uye kuti chinovanetesa kana kuvarwarisa. Zvinofanira kuyeukwa kuti pfungwa dzese dziripo dzisiridzo uye dzine njodzi mudietetics dzine mabviro adzo mumafungiro akajeka uye anopokana. Zviratidzo zvekunze, naizvozvo, hazvifaniri kumboshanda sechikonzero chekusiya basa raitwa nehafu. Zvakakosha kumirira mhedzisiro yekupedzisira, iyo inogona kutora mavhiki mashoma kana mwedzi kuti iuye. Asi kana zvikafu zvakabikwa pane dzimwe nguva zvakasanganiswa nezvinovaka muviri, migumisiro iyoyo inogona kunonoka zvikuru uye isingashande kana kusaoneka zvachose.

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Kusagadzikana kwavo hakuna chinhu kunze kwemaitiro ekurapa, uye nekupikisa kunoratidzwa kwavari vachakwanisa kuzvisunungura kubva kune zvese zvinozivikanwa uye zvisingazivikanwe zvirwere.

Kusagadzikana kunogara kwenguva refu ndiko, chokwadika, kushuva chikafu chakabikwa. Zvinofanira kugara zvichirangarirwa, zvisinei, kuti mafungiro e "nzara" anonzwa mumamiriro ezvinhu akadaro anokurudzirwa kwete nemasero akakwana kana ane utano, asi nemasero akaora, asina basa uye asingashandisi uye nehupfu hwakaunganidzwa mumuviri; nemamwe mazwi, nechirwere chaicho chinoparadza chipenyu. Naizvozvo, chaizvo nekutsungirira uye nekuramba kunzwa kwe "nzara" ndiko kwatichakwanisa kubvisa chepfu, kubvisa kuvapo kwemasero asina maturo, kuvaka chinodiwa chemasero anoshanda uye kuchengetedza kamwe chete kune zvikomborero zvese. Hutano hwakanaka. Tsungiriro yeawa imwe neimwe ye“nzara” iyoyo kukunda mukurwisana kwedu nehosha.

Tehran, 1963

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CHIKAMU CHECHIPIRI

Kugadzirwa kweMunhu

Nyaya dzandinotaura mubhuku rino hadzisi matambudziko chaiwo. Iyi mibvunzo inobata vanhu pazere. Anobata vose vane miviri uye vanorarama; zviri maererano navose vane miromo uye vanodya. Ndicho chikonzero ndinogara ndichiedza nepese pandinogona napo kunyora nemutauro wakapfava sezvinobvira, ndichivakira mhedziso dzangu pane zvakajairwa data nenharo, ndisingavharidzire kunyora kwangu nemashoko esainzi akadaro uye mazwi asingagoneki sezvinopfuura kunzwisisa kweruzhinji rwevaverengi vangu. Mune-makakatanwa angu, handivimbe nehuwandu hwemashoko ari pachena uye anopokana anowanikwa murabhoritari nenzira dzisina kukwana kana, zvakatonyanya kuipa, pane chero fungidziro dzipi nedzipi dzakaipa dzinobva pane zvakadaro data. Humbowo hwandinopa ndiyo mitemo isingarambiki yechisikigo uye mhedziso dzese dzinowanikwa nehwaro

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ruzivo, uye izvo 'munhu wese ari mumativi ese epasi anogona kuyedza nekuzvionera ega.

Muchokwadi, pfungwa yekudya mbishi yakapfava zvekuti inogona kupfupikiswa mumitsara miviri yakajeka: musiki wemuviri wemunhu akasikawo zvinhu zvawo zvinowirirana; kunze kwekunge isu tichiendesa izvo zvakabikwa kumuviri zvizere, pasina kuzvikanganisa, muviri wemunhu unopedza hurefu hwayo hwehupenyu pasina kukundwa nehurwere.

Chero munhu anoona zvakajeka zvakakwana kuti anzwisise revo yechokwadi yezvirevo zviviri izvozvo uye kuti ape pfungwa inodiwa uye kufungisisa anogona kuona zviri nyore mumamiriro ezvinhu anosiririsa ari hurongwa hwekudya kwemurume wanhasi. Anogonawo kuona zviri nyore kuti mukurwisana nehosha dzevanhu kwemazana emakore apfuura, varume vakashandisa nzira dzakadai sedzose dziri mbiri dzisina kururama uye dzine ngozi, uyezve, nzira dzose idzodzo dzine batano shomanene zvechokwadi nezvikonzero zvikuru zvehosha. .

Mushure memakore ekunyatsodzidza uye ruzivo rwekutanga rwemunhu, nhasi I havana panikiro chipi nechipi chokuti gadziriro yomusikirwo yezvokudya haingosununguri bedzi rudzi rwomunhu mumarudzi ose ehosha, asi inogoverawo kumunhu ari wose upenyu hurefu hunoshamisa huzere norugare, mufarwa nenyaradzo.

Hupenyu hwemurume wanhasi ihope dzinotyisa, dzakatambudzwa nezvivi zvisingaverengeki, kupindwa muropa uye huipi. Zvamazvirokwazvo, kwaizova kuri madikanwa kuzadza zviuru zvamavhoriyamu kuti atsanangure zvizere uipi hwose hwomunhu, kudonongodza muudzame miitiro yake isina kururama yokudyisa, kuratidza zvishomanene ushati hwakashata hwetsika dzake uye pakupedzisira kuratidzira chimwe nechimwe. imwe nzira dzakasiyana dzakakanganisa dzekurwisa zvakaipa izvozvo. Asi dambudziko guru riri pamberi pedu nderekuti murume wese azive zvakajeka kuti zvirwere zvinozvarwa sei uye ndeipi nzira huru yekupedza zvirwere izvozvo zvachose.

Pakutanga, zvakakosha kuziva kuti muviri wedu uri sei yakagadzirwa uye chii chinonzi chikafu.

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Sezvatinoziva, upenyu pasi pano hwakatanga kuoneka muchimiro chezvisikwa zvine sero rimwe chete. Gare gare, iyo miviri yemunhu unicellular yakabatana pamwe chete kugadzira mapoka akasiyana uye kuita kuti ive yakawanda-masero zvisikwa. Kubatira pamwe kwokutanga kwemasero mashomanene mukufamba kwenguva kunokura kusvika kutambanuko yokubereka chipenyu chemamiriyoni akawanda emasero.

Sero rega rega chinhu chakaoma kunzwisisa pachacho, asi chakadaro zvipenyu zvine matanho azvo akasiyana ekukura. Zvisikwa zvechinyakare zveunicellular zvaive maamoebae ezvekutanga chimiro, aifamba mumvura pasina chinangwa chero chipi. Mabasa avo aive ekutsvaga chikafu, kudya, kugaya uye kuwanza nemaitiro akareruka ekuzvipatsanura kuita maviri.

Dzakanga dzine nhengo dzadzo dzokutanga kugaya zvokudya, idzo dzakakura zvishoma nezvishoma nokufamba kwenguva. Pane imwe nguva yebudiriro, masero aya akazvibatanidza pamwechete kuti aumbe zvipenyu zvine masero akawanda. Mune mamwe mazwi, vachisiya hupenyu hwavo husina chinangwa hwekuzviparadzanisa nevamwe, vanopfuurira kuhupenyu hwekubatana, apo sero rimwe nerimwe rine basa rakawanda rekuita muhuwandu hwemaitiro ezviitwa zvakabatanidzwa.

Enzanisa hupenyu hwekuzvimiririra hwemunhu wekutanga, iye asati vaigona kutaura zvakanaka, nehupenyu hwekubatana hwemarudzi makuru nhasi, uko mapoka akaparadzana evanhu anoshanda pamwechete. Asi kunyangwe munharaunda yedu yepamberi yanhasi munhu anogona kuwana vanhu vasina basa, vakapusa, veparasitic uye matsotsi vanoyeuchidza madzitateguru edu ane usimbe emazuva ekutanga. Asi, zvisikwa zvakadaro zvinogara pamwe chete nevarume vane matarenda anoshamisa uye nyanzvi.

Zvimwe chetezvo ndezvechokwadi nezvomuviri womunhu, apo masero asingabetseri, ane utachiona anopfuuridzira upenyu hwawo hune usimbe pamwe chete nemasero anokosha zvikuru munhano yapamusoro zvikuru yebudiriro. Muviri wemunhu une masangano akasiyana-siyana uye masangano, ayo anonzi ma gland, nhengo, masisitimu, zvichingodaro. Idzo nhengo uye masisitimu anoita mabasa adzo nekuedza kumwe chete kwemamwe mapoka emamwe maseru. Zvinonakidza kuziva kuti masero aya akasarudzika haaite mabasa awo chaiwo nerubatsiro rwezviridzwa zvakakosha uye

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midziyo yakagadzirwa kunze; asi imwe neimwe yadzo pachayo inoshandurwa, kuburikidza nechimiro chayo chose, kuita fekitori yakaoma kwazvo.

Nokudaro, masero anoumba itsvo anopiwa midziyo inokosha yekudhonza nekusefa nenzira iyo inoparadzanisa neropa uye inodzinga neweti tsvina uye chepfu inokuvadza kumuviri; masero ematumbu anotora zvinodiwa zvakasvibirira kubva kune intercellular fluid (iyo yakasvibira haina mutsara mune yakabikwa chikafu) uye, ichivashandura kuva mahormone, voendesa kumuviri; maseru emhasuru ane akakosha contractile simba rinovagonesa kuita mafambiro emuviri uye kuita basa rinorema remakanika; pakupedzisira, masero etsinga anofambiswa nemayadhi efibers kupfurikidza nawo mirairo youropi inopfuudzwa kumuviri wose.
Saka rimwe nerimwe remasero anoumba muviri wemunhu ifekitari yakaoma yechimwe chimiro chakasiyana mumabasa ayo kubva kune evavakidzani vayo, kutanga kubva kumasero ezvipikiri, vhudzi, mapfupa, tsandanyama uye magland kusvika kumasero europi.

Pasina panikiro, zvingadai zvakave zvinofadza kwazvo kuva neakazara ruzivo rwemagadzirirwo emasero uye mamiriro ezvese zviitiko uye maitiro anoitika mazviri. Asi kunyangwe kana nechishamiso munhu aigona kupinda mune zvese zvakavanzika zvakavanzika zvemasero uye nemabasa awo mazhinji, zvingave zvakafanira kuzadza kwete zviuru chete, asi mamirioni emavhoriyamu kuti atsanangure, nepo mumwe nemumwe wedu aizoda gumi nemaviri hupenyu. kuwana maonero echimbichimbi ezvese zvakanyorwa.

Kusiyana nekutaura kwekunyepedzera kwevamwe vanozvitutumadza, murume ane ruzivo rushoma chaizvo nezvese nyaya idzi. Nekufambira mberi kwese muzvidzidzo zvake aifanira kunge akawedzera kugutsikana kuti ruzivo rwaakakwanisa kuwana rwaive chikamu chisingaverengeki chezvaive zvakavanzwa kwaari. Bva, akadhakwa nebudiriro shomanene dzounyanzvi, munhu wanhasi anozvifungidzira amene ari pakakwirira mukukwana kwesayenzi uye pasina kurega kupi nokupi kana kuti chipingamupinyi chaanodzongonyedza pamadiro nechishamiso ichocho chezvishamiso, muviri womunhu. Kutaura idi, iye ane manyawi anozvikudza zvokuti kupfurikidza nezvinotyisa zvikuru

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contrivances uye nehumwe hunotyisa hunoita ZVIMWE ZVAKAPEZA kuti agadzirise nyonganiso dzakaita kuti dzioneke munyama iyoyo. Nokuti chokwadi, hapana chakaitwa kusvika zvino neZVIYEDZO, ZVIYEDZO UYE ZVAKAWANDA ZVIYEDZO. Uyezve, anoita zviedzo izvozvo kwete chete pamhuka dzisina dziviriro dzisina kudzivirirwa, asiwo pamuviri wake, pavana vake vaanoda, pavanhu vose. HAANA DZIMWE NZIRA DZIMWE DZIMWE DZIMWE NZIRA DZAKABVISA CHINANGWA CHAKE.

Asi isu tinofanira kugara tichiona chokwadi chisingarambiki: murume asina ruzivo rwakakwana rwekushanda kwewachiwo zvayo haafanire kumboita kuigadzirisa, nekutya kukanda iyo michina yese munyonganiso nekungobata ruoko kwakashata. Kuedza kwakaitwa pamusoro pomuviri womunhu namasayendisiti anhasi kungaenzaniswa nechiito choupenzi chomushandi uyo, pashure pokunge ashanda mufekitari kwamazuva mashomanene, anoedza kuputsa michina yayo ndokuibatanidza zvakare.

Panyaya yechirwere chakakomba murapi anogara ari masikirwo, asi iwo kurapa kunoratidzwa nekushanda kwemishonga, nepo mune dzakawanda zviitiko apo chirwere chinotora nzira inouraya semhedzisiro yakananga yekupihwa kwemishonga, rufu runogara ruchikonzerwa nemasikirwo echirwere. Inofanira kusimbiswa kuti muzvirwere zvisingaperi, zvinodhaka, sekutonga, zvinowedzera mamiriro acho uye kukanganisa muviri.

Bva, murume anofanira kuitei apo mitezo yake inovamba kushanda zvisina kufanira? Pane munhu upi noupi here munyika anoziva udzame hwose hwomuviri womunhu nenzira imwe cheteyo iyo injiniya anorovedzana nayo noudzame hwezvinhu zvose zvakasiana-siana zvefekitari yake, kusvikira kukona yokupedzisira? Kwete. Sezvandambotaura pamusoro, kugadziridzwa kwechero michina inogona kupihwa chete kune iyo nyanzvi ine hunyanzvi uye kugona kuparadzanisa zvikamu zvese zvemuchina wakapihwa uye kuzvidzosera pamwechete. Asi munhu ari kure sei pakuzadzisa chinangwa ichi muchiitiko chemuviri wake pachake!

Zvino munhu anofanira kuitei mumamiriro ezvinhu? Anofanira kupeta maoko ake ozvikanda pasi kune zvisingachinjiki zveramangwana rake, kana kuti anofanira

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kuunza ngwavaira kumusoro kupfurikidza nokugadzirwa kunopfuurira kwechepfu itsva uye nemiedzo youpengo yakaitwa navo? Hapana mumwe kana mumwe. Kune, rombo rakanaka, nzira yekukurumidza uye yakanyanya nyore iyo munhu anogona kuzvisunungura kubva kuzvirwere zvese.

Kana injiniya achivaka fekitori, achishandisa masvomhu maverengero anosarudza kunaka uye uwandu hwezvinhu zvose zvakabikwa zvinodiwa pafekitari iyoyo, pamwe chete netarisiro inofanira kuitwa nokuda kwokushanda nokuchengetwa kwemichina yayo. Ipapo anovimbisa upenyu hwokushanda hwefekitari yakapiwa, chero bedzi mirayiridzo yake inoitwa nokungwarira.

Chii chinonzi Nutrition?

Sezvinongoita mainjiniya ese anoita akadzama kuverenga kutsanangura iyo mbishi zvinhu zvakakosha kufekitari yaakagadzira, saka kuburikidza nemaverengero akanyanya kunaka Masikirwo anoshamisa akagadzira zvigadzirwa zvinodiwa zvemhuka dzese kusanganisira Vanhu.

Kana tichida kuvaka fekitari yakajairika, chekutanga tinomisa chivakwa chakakodzera, tozoisa mairi michina yese inodiwa uye dynamo, uye pakupedzisira, kuitira kuti fekitori itange kugadzira, tinoipa nemafuta anodiwa. uye mbishi. Zvino nekuda kwekuti muviri wemunhu une magadzirirwo akaomarara, zviwanikwa zvawo ndezvemhando yakaoma kunzwisisa, zvinosanganisira zvinhu zvakawanda.

Chisikwa chakaita basa rakakura kwazvo munzira iyoyo. Pakutanga, nokuda kwechimiro chakareruka chemasero chakagadzirira zvinhu zvekuvaka zviri nyore, izvo zvinosiyana maererano nemhando yemasero. Nokudaro, masero ebvudzi anoda imwe mhando yezvinhu zvekuvaka, izvo zvezvipikiri rumwe rudzi. Ndizvo zvakaitawo masero etsandanyama, glands, tsinga, zvichingodaro. Asi masero echimiro chakapfava zvakadaro haasati ashanda; chimwe nechimwe chazvo zvino chinofanira kupiwa zvokushandisa zvakakodzera zvinoenderana nebasa rayo, izvo zvichiri kudiwa zvimwe zvokuvakisa. Pakupedzisira,

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zvinodikanwa kupa masero iwayo nesimba uye nekupa izvo zvinodiwa mbishi zvekushanda kunobereka kwe glands.

Nekutarisira kwayo kusingakundiki, Zvisikwa zvakaunganidza pamwe chete izvo zvese zvinhu, nhamba yacho inosvika makumi ezviuru. Chimwe nechimwe chezvinhu izvozvo chine huwandu hwayo chaihwo. Nokudaro, parudzi rumwe rwechinhu tingada magiramu ane chiuru, orumwe rudzi giramu rimwe bedzi, chetatu zvishoma sechikamu chimwe chete chezviuru zvegiramu. Uyu ndiwo mutemo wekushanda mumafekitari ese. Izvo zvakakosha kuti izvo zvinhu zvinofanirwa kugara zviri pakurasa maseru muhuwandu hwakatemerwa. Kunyanya, kutarisirwa kwakakosha kunofanirwa kutorwa kuve nechokwadi chekuti hapana kana chimwe chazvo chisipo pakuunganidzwa kwakaunganidzwa.

Munhu wose, akadzidza uye ari nyore, akapfuma nevarombo zvakafanana, ndiye oga ane muviri wake uye ndiye chete mutungamiriri ane basa renyika iyoyo inoshamisa yemapoka enyeredzi omukati.

Zvinonakidza kuziva kuti zvipenyu zvose zviri paNyika ino, kubva Masvosve kana Kashiri kuNzou, ziva kuti muunganidzwa wakaunganidzwa woushandisa zvizere pakudya kwavanoda.

Zvinoshamisa kuti, kubvira pakatanga budiriro munhu ari ega, ari ega munyika yose, akasiya pfungwa dzake uye akarasa zvachose kuona kuvimbika kwezvinhu izvo zvakakosha pakurarama kwake. Ndosaka achishanda siku nesikati mumarabhoritari ake uye mumashopu ekutsvagisa, anoita marudzi ese ebvunzo nekuedza, anoona zvinhu zvakafanana chimwe nechimwe, anozvigadzira nekukurumidza mumafekitari ake, anozvigadzirira mazita asinganzwisisike, anoazadza mumabhokisi nemabhodhoro. , uye anoaparadzira munyika yose, kuti vanhu vaamedze uye varege kunzwa nzara. Uye zvose izvi vanodana sainzi.

Vasingazivi zvavari kuita, masayendisiti akapinda nhandare mukuzvidza zvisikwa. Vakapofumadzwa nekupindwa muropa, varume ivavo havakwanise kuona kuti kuburikidza nemamiriyoni nemamiriyoni emakore uye nekuverenga kwakaringana amai vedu Pasi, muProvidence yavo, vakaunza pamwechete, vakaisa muzvirimwa uye vakazadza iyo yose.

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nyika ine izvo zvinovaka muviri zvinoumba izvo zvavachangotanga kuziva, chimwe nechimwe.

Zvisikwa zvese zvipenyu zviri munyika zvakabva kune madzitateguru mamwe chete, asi nekufamba kwenguva vakatora nzira dzakasiyana dzekushanduka-shanduka. Musiyano weanatomical uye physiological pakati pevanhu nedzimwe mhuka wakanyanya kudiki.

Sezvinongoita munhu, mhuka idzodzo zvakare dzine moyo, mapapu, chiropa, itsvo, ropa, mapfupa, uropi, zvichingodaro. Nhengo dzavo dzinoda chaizvo zvinovaka muviri sezvinoitwa nenhengo dzemunhu. Chikanganiso chikuru chakaitwa nemutsvakiri webiologist kwave kupambadza nguva yakawandisa uye simba pakuferefeta kwesechipiri, zvidiki uye zvinopokana matambudziko, aakavhara nawo uropi hwake nekuvhiringa pfungwa dzake, pachinzvimbo chekuvimba nezvakawanda zvakadaro uye data. sezvaainazvo uye achiisa ruzivo rwake pamibairo yakawanikwa nekuedza kwakakosha.

Tinofanira kucherechedza chokwadi chokuti kana mhuka ikadzura shizha “rakaoma” pamuti uri musango, inogutsa zvose zvinodiwa nomuviri wayo nokushandisa shizha “rakapfava” iroro. Mushizha rimwe chete iroro, zvisikwa zvakaisa zvinhu zvose izvo zvinodiwa kuti zvigadzire masero matsva mumuviri wemhuka iyoyo; kusiyanisa masero iwayo, kuadyisa uye kuapa simba, uye pakupedzisira kupa zvinhu zvinokosha zvemagland.

Muchidimbu, shizha iroro rinosanganisira zvizere-zvakaringana mbishi zvinhu zve mhuka yemhuka; Shizha iroro ndiro KUDYA kwakafanira kumhuka.

Yese Yakasiyana-siyana Yemuriwo Mbishi Inosanganisirwa Neiyo Same Constituents

Kana mhuka iri pamusoro apa, isingakwanisi kuwana chimwe chinhu chokudya kunze kweshizha iroro, ikasungirwa kurarama norudzi irworwo rwezvokudya kwemwedzi yakawanda kana kuti makore akawanda, muviri wayo hauzonzwi kushayikwa kupi nokupi kwemavhitamini kana kuti zvimwe zvinoumba zvinovaka muviri nokuda kwenhau iyoyo. Hazvina mutsauko kana

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pachinzvimbo cheshizha remuti, ine mimwe miti.
Chakakosha inyaya yekuti chikafu chainodya ndeye NATURAL AND INTACT.

Pavanoisa mwero wefodya pamberi pebhiza kana mbongoro, havambozvidya mwoyo nepfungwa yokuti uwandu hwemapuroteni kana kuti mavhitamini hungave husina kukwana kumhuka yacho, kunyange zvazvo tichinyatsoziva kuti mhuka dzinodawo, sezvinoita vanhu. marudzi ese evhitamini, zvicherwa uye zvimwe zvinovaka muviri zvinoriumba.

Munhu wose anogona kuona zvakajeka kuti kusarudzwa kwezvokudya zvezviuru zvemarudzi akasiyana-siyana emhuka kwakaganhurirwa kwazvo zvokuti havambowani mukana wokusarudza uye kusarudza zvavanoda kudya. Vanosungirwa kurarama nemhando shoma dzezvokudya zvakajairika zvinowanikwa munharaunda yavo yepedyo.
Zvakadaro, isu hatigone kuwana imwe nyaya yeavitaminosis kana chero imwe kushaya chikafu pakati pavo.

Kana iwe ukatora chikafu chinodyiwa nemhuka idzodzo mu marabhoritari evanoongorora zvipenyu, mune imwe neimwe yavo vachawana zvinhu zvakati wandei zveunhu hwakasiyana uye huwandu. Vanobva vakuudza kuti mune imwe chirimwa kune mapuroteni akawanda, mafuta akawanda uye yakawanda yevhitamini imwe kana imwe. Saka muchirimwa chega chega vachanyora zvimwe zvikamu gumi kusvika gumi nezvishanu zvavakakwanisa kuwana uye vanonyatsoona huwandu hwazvo chimwe nechimwe. Kunyangwe mumichero yakapfuma kwazvo nhamba yenhengo dzavakabudirira kuwana yakaganhurirwa. Muchokwadi, izvi hazviratidzi kuti chimwe nechimwe chezvikafu izvo chinongosanganisira gumi nemaviri kana kupfuura zvikamu zvinowanikwa navo; asi, mucherechedzo wekuti hunyanzvi hwavo hwehunyanzvi uye zviwanikwa hazvina kunyatso kukwanira kuongorora zvizere uye kuona nemhando uye nehuwandu izvo zvese zvinoumba izvo zvakaungana murabhoritari yechis
Zvinoreva kuti mune zvimwe zvekudya vakakwanisa kuwana chete idzo mhando shoma dzezvinoumba; zvimwe zvakasara zvakavanzwa kwavari.

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Chikonzero chikuru cheizvi inyaya yekuti zvinhu zvakawanikwa nenyanzvi dzezvinhu zvipenyu hazvisi izvo zvinoumba miriwo iyoyo, asi iwo makomisheni anoonekwa nenzira dzakasiyana mumuriwo wakasiyana. Pakupinda mukati memuviri wemhuka, iwo makomisheni anoputswa uye anogadzirwa zvakare, panguva iyo magadzirirwo matsva anoumbwa anoenderana nezvinodiwa zvechipenyu.

MIRIWO YOSE INOPIWA NEMHUKA ZVINOITA ZVIMWE ZVIMWE BASIC CONSTITUENTS

Chaizvoizvo, miriwo yese ine makirasi matatu makuru ezvinhu. Imwe yacho imvura, yatinoziva tose. Tinoziva kuti hatigoni kurarama tisina mvura, uye tinogona kuyeuka kuti mvura yakachena uye yakachengetedzeka kupfuura dzose inozivikanwa kwatiri ndeiya inowanikwa mumichero nemiriwo. Zvadaro, kunouya roughage. Ichi ndicho chinhu chinoumba chimiro chemiviri yemiriwo, ichivapa chimiro uye kusimba. Roughage haina kupatsanurwa uye kuiswa munhengo dzemhuka; inobudiswa mumuviri muchimiro chetsvina. Izvo, zvisinei, chinhu chakakosha chekudya kwemhuka. Kudai pasina roughage uye chikafu chaidyiwa nemhuka yacho chainge chatsemurwa zvachose uye chaitwa, ura hwaizoshaya chekudzinga, uye nekufamba kwenguva hwaizosvava nekuoma. Asi, zvinoshamisa kutaura kuti, vanhu vakawanda havaoni zvakanaka zvokuti, pavanofunga kuti roughage “isingadyiwi,” vanoibvisa nemaune muzvokudya zvavo, somugumisiro wacho anenge vanhu vose vanotambura nokuzvimbirwa. Nemamwe mashoko, honzeri huru yekuzvimbirwa kusavapo kwe roughage mukudya. Asi kuti tidzokere kunyaya iri kukurukurwa, chikamu chekupedzisira chezvikamu zvitatu zvezvinhu zviri mumichero nemiriwo ndicho chikafu pachacho, chinogayiwa zvakakwana uye chinopinzwa nemuviri.

Misiyano yakakosha pakati pemiriwo yakasiyana inomuka kubva mukusiyana kwehuwandu hwemakirasi matatu aya ezvinhu.
Nokudaro, musiyano mukuru pakati pehuswa hunowanikwa muhuswa uye muchero ndewekuti mune yaimbove roughage ndiyo yakawanda, nepo muchero uchingove nemwero wepakati we roughage, ine kudya kwakawanda kwakawanda uye huwandu hwemvura yakakwana. Nekuda kwechimiro chakakosha che

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nhengo dzadzo dzekugaya uye ruzivo rwavo rwekurumidzira, makumbo mana anokwanisa kupwanya nekukuya uswa, kubvisa zvinovaka muviri zvakaparararira zvishoma mazviri uye kudzinga zvakasara kubva mumiviri yavo. Iyi ndiyo nzira iyo dzimwe mhuka dzinokwanisa kuwana kudya kubva pauswa hwakaoma kana mashanga; ngamera inokwanisa kurarama parukato uye mbongoro pauswa hwakaoma.

Kubva pane izvi, tinogona kutora mhedziso inokosha yokuti miriwo yose ine zvinhu zvakakosha zvekuchengetedza mhuka dzemhuka, chete mune mimwe miriwo inoratidzika mumhando yakaparararira, mune imwe yakanyanyisa. Pakati pezvokudya zvechisikigo zvinovaka muviri zvakanyanya ndezvokuti walnuts, maarmonds, zviyo, pulses, mbatatisi, karoti, mabhanana, mazambiringa nemimwe michero yose, mushure mezvo zvinouya mamwe midzi, miriwo nemichero; nemamwe manzwi, chikafu chaicho icho munhu akabvuta kubva mumuromo medzimwe mhuka uye akazvipa kwaari. Asi, pose panouya mubvunzo wokudya mbishi kuti ukurukurwe, murume mumwe chete iyeye anopindura nokusanyara kuti: “Ndingazviriritira sei ndisina zvokudya zvakabikwa? Kumwe kutaura kunonyadzisa zvikuru uko munhu asingagoni kuwana munyika, asi zvinosuruvarisa kuti kupindwa muropa nezvokudya zvitunha kwakapofumadza rudzi rwomunhu zvokuti, chaizvoizvo, mhinduro yenguva dzose yoruzhinji rwavanhu. Vaya vasina ruzivo rwokuzviwanira havakwanisi kuziva kuti zvinhu izvozvo zvakapfuma uye zvinovaka muviri zvakadini uye kuti ishoma sei uwandu hunodiwa kuti tigutse zvatinoda zuva nezuva. Ini pachangu, zvakanditorera makore kuti ndisvike pachokwadi. Asi ndichataura zvakawanda pamusoro peizvi gare gare.

Izvo zvinovaka muviri zvinowanika muhutano hwakanyanya mumuchero wemuti zvinowanikwawo zvakaparararira zvishoma mumashizha awo, makwati uye matavi. Mhuka huru yakaita setwiza inozviraramisa nekudya mashizha emuti. Kana bukira diki remuti rinonamirwa pane mumwe muti, rinobudisa matavi uye rinozopedzisira raita muchero wakaenzana nawo.
Ichi chiratidzo chakajeka chekuti budhi rine zvese zvekutanga zvinoumba izvo zvakakosha pakuumbwa kwemuchero wakapihwa.

Zvino, ndezvipi izvo zvekutanga zvinomiririra? Ndiwo maatomu, anogona kutorwa sechikamu chidiki chemakemikari chisingaonekwe

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chechimwe chinhu chinogona kutora chikamu mukushanduka kwekemikari, uye mamorekuru, ari twudiki twunhu twechimwe chinhu kana musanganiswa unokwanisa kutungamira hupenyu hwakasiyana. Zvidyarwa zvese zvinodyiwa zvinosanganisira zvinenge zvinhu zvakafanana, nechiyero chakasiyana uye marongero ayo akasiyana makomisheni anoumbwa, akasiyana kubva kune mumwe kune mumwe muchimiro, ruvara uye kuravira. Uyezve, clove nehwai zvakafanana chaizvo. Parinopinzwa mudumbu regwai, ruveve runochinja mamolekyu aro ova gwai.

Pane kunyorerana kwakafanana pakati pemuchero nemunhu.

Hupenyu hwese hwemuriwo nehwemhuka hahusi chinhu kunze kwekudyidzana kusingaperi uye kutenderera kwemaatomu. Iko pano uko kunoshamisa kukuru uye zvisikwa zvinozvisimbisa. Isu tinokanda muvhu kweminiti tsanga isina kukura kupfuura musoro wepini. Pashure pemishoma inomera zvishoma nezvishoma, yozotungira matavi nemashizha, uye nokufamba kwenguva inobereka michero. Gare gare inoshandurwa kuita mhou, bhiza kana munhu anofamba-famba munyika ino kwechinguva uye ozodzorera maatomu ayo kuNyika. Imomo, mupesvedzero inopesvedzera yechiedza chezuva, maatomu iwayo amene anomutsidzirwa patsva, upenyu hutsva hunofemerwa maari uye anoshandurwazve kuva zvirimwa nemhuka zvimwe chetezvo, kuti apfuuridzire nhambo dzisingagumi dzokusika dzadzokororwazve.

Asi kuti ibereke chipenyu, muviri wemuriwo unofanira kunge wakakwana uye UPENYU. Uyezve, hazvina kutombokwana kuti chikafu chive chipenyu; Mushonga wakakwana wemuriwo unofanirwa kuve ACTIVE uye USATI KURARA.

Zvakaitika kare zvakatiratidza kuti shiri dzemakeji hadzigutsikane nazvo mbeu dzakaoma chete. Nemhodzi dzavo dzakaoma vanoda chikafu chitsva zvakare. Izvo zvakasiyana-siyana zvembeu idzodzo kana chikafu chitsva hazvina kunyanya kukosha. Kudya kwakakwana kunogona kuwanikwa nekusarudza imwe mhando yembeu kana tsanga uye kuiwedzera nechero mhando yemuchero mutsva wemuriwo.

Chokwadi ichi chinotisvitsa kumhedzisiro yakakosha yekuti chikafu chakanyanya kunaka chinomira kuve chakakwana mushure mekunge chaoma zvishoma. Zvadaro

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tingatore sei sechikafu izvo zvinhu zvinobuda muhovhoni, mukicheni uye neshaya dzemichina inodzvova?

Kunyange zvakadaro, zvipenyu zvemhuka hazvikuvadzi zvakakomba kana zvikanyimwa zvokudya zvitsva mumwedzi mishoma yechando. Nokuti ivo vanozadzisa kushayikwa muchirimo nezhizha, apo zvisikwa zvose zvinorarama zvakare. Zvisikwa zvakavapinza kumararamiro iwayo. Mbeu dzakaomeswa, zviyo uye mhunga, chokwadi, chikafu chipenyu, asi chiri muinert uye chakarara. Sezvineiwo, vanogona kumutswa zviri nyore, kuvhurwa uye kushandurwa kuita zvinovaka muviri nekunyudzwa mumvura uye kuchengetwa mumhepo inotonhorera kwezuva kana maviri. Naizvozvo, nekudyiwa kwezviyo chete zvakamera (activated) munhu ane mukana wekuchengetedza kudya kwakakwana mumwaka wese wegore uye mumakona ese ePasi. Anogona kuzoshandisa zviuru zvasara zvezvokudya zvinyoro uye zvinonaka kuti apinze zvakasiyana-siyana muzvokudya zvake uye kuita kuti upenyu huwedzere kunakidza.

Hupenyu isangano resimba & nyaya. Kana isu tichishuvira kugadzira muchina, tinounza pamwechete zvikamu zvese zvinodiwa zvinoenderana nepurani, uye nekukurumidza kana ruzivo rwekupedzisira rwapera, muchina unoshanda. Chinhu ichocho chinoita kuti fekitari yemunhu ifambe inonzi soul, iyo inobatana nemamwe mativi ose, inopedzisa kuumbwa kwechinhu chipenyu uye chinoipinza mukufamba.

Izvo Zvimiro zveMapuroteni, mavhitamini uye Minerals uye Yese Individual Nutritive Constituents

Haufaniri Kugadzira Hwaro Hwekukurukurirana

Muchikamu chekupedzisira takaona kuti miriwo yose inodyiwa ine maelementi mamwe chete, uye kuti mutsauko mumakemikari azvo uye hunhu hwemuviri unokonzerwa nekusiyana mukuumbwa kwawo uye chimiro chemorekuru. Nehurombo, nyanzvi dzezvinhu zvipenyu dzakafuratira chokwadi ichi chisingarambiki uye vakaisa sainzi yavo yese pamhando dzakasiyana dzakaomarara dzavakawana muzvikafu. Vadhakwa nezvakawanikwa mumarabhoritari avo, vakatsinzina meso avo parabhoritari inoshamisa yezvakasikwa yatinoendesa kwairi tsanga yembeu diki zveku

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zvisingaonekwi neziso rakashama uye zvinoratidzwa, mukudzoka, mumavhiki mashoma, nekudya kwakakwana kunogutsa zvese zvinodikanwa zvemuviri wedu mune zvese. Asi ivo vanorasa kure nerupo rupo rwechisikigo kana kuti vanopisa nekuchiparadza, mushure mezvo vanogadzirira, mumarabhoritari avo anosiririsa, zvimwe zvinhu zvakafa zvine chimwe chakafanana nacho. Mishonga iyi zvino vanoikudza nemazita akasiyana-siyana nenhamba, uye vanoishandisa kukanganisa, pakutanga, nhengo dzavo uye dzevana vavo vasina mhosva.

Nokudaro, vawana zvinhu zvakasiyana-siyana mumazambiringa, vanodaro kuti mazambiringa ane zvakati-ne-zvokuti, sokunge kuti hazvina chimwe chinhu. Ivo vanoita chinhu chimwe chete mune zvese zvechisikigo uye zvisiri zvechikafu chikafu, uye chikafu chavanokwanisa kuwana chero cheizvi zvinoumba zvinokurudzirwa kwatiri sesosi yezvakapihwa chikafu. Somugumisiro wekusaona zviri mberi kwakadaro, zvokudya zvinokuvadza zvakanyanya zvinomiriririrwa sezvokudya zvakakwana-zvakakwana uye zvakasiyana.

Ingotora penzura woita runyoro rwezvinhu zvakawanikwa nenyanzvi dzebiology muchikafu chinowanikwa kubva kumombe: nyama yemombe, chiropa, huropi, moyo, mukaka, huchi nechizi. Zvino ngationei kana vachikwanisa kuona izvo zvinhu zvese zviri mu clover, mashanga kana mumakwenzi akajairika emugomo nenzira yakafanana. Kwete. Zvakadaro hapana anogona kuramba chokwadi chekuti mbishi inoenda kunogadzirwa muviri wemombe ndiwo chaiwo zvirimwa; kureva kuti mhou yose inoumbwa kubva pauswa ihwohwo. Kana tikaona chikafu chemhuka sechikafu chakakwana chemhuka inodya, imhaka yekuti chitunha chose chemhuka ine ganda, mapfupa, ropa nenyama, uyezve, nemasero mapenyu ose asina kusimba, ine kukosha kwekudya kwakaenzana. kune iyo yeuswa. Asi mukaka, bhotela kana nyama yakatorwa zvakasiyana? Chimwe nechimwe chazvo chine chikamu chisingagumi chekukosha kwehuswa hunowanikwa uye iyo yakapa iyo iri mumbishi. Nezve izvo zvinosara zvezvinovaka muviri zvinoumba izvo zvinhu mushure mekubika hazvidi kukwidziridzwa. Nokudaro, ngatizivei ukoshi hwechokwadi hunovaka muviri hwomukaka kana kuti nyama, yakarumbidzwa kwemazana emakore nevanhu vasina pfungwa!

Nokudaro, ngatitongei ukoshi chaihwo hwezviziviso zvose zviya zvinoshongedza magaba namagaba emarudzi asingaverengeki emukaka wakaomeswa uye wakaora.

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Ruramisiro inoda kuti kubva zvino zvichienda mberi vaparadzi vezviziviso zvakadaro vaunzwe uye varangwe zvakaomarara, nokuti mutoro werufu rwemamiriyoni evana uri pamapfudzi avo.

Ndinobvuma kuti munhu anogara achishuva kudzidza zvinhu zvitsva, kupinda mukati mezvakavanzika zvechisikigo, kuwedzera ruzivo rwake. Zvinonyanya kukosha kuti munhu wese ane fekitari azvizivise zvakavanzika zvezvigadzirwa zvinodikanwa pafekitari yake.

Rega vatsvakurudzi vesainzi vavharidzire kuferefeta kwavo mukati memadziro mana emarabhoritari avo kusvika zuva, apo vanobudirira mukukura chirimwa kubva pambeu inoumbwa zvachose nezvikamu zvekugadzira zvakagadzirwa mumashopu avo. Ipapo huchenjeri hwavo huchava hwakaenzana nehuchenjeri hwezvisikwa. Asi nyika yedu yakatozara nemhodzi dzakadaro, kuburikidza nadzo tinowana kudya kwakakwana kunogutsa zvese zvinodikanwa zvemuviri wedu. Chikafu ichocho hachina kana hurema hudiki.
Hakuna chinhu chinoshaikwa mariri; hapana chinhu chisina basa;
imwe neimwe constituent ine kunaka kwayo, huwandu hwayo uye basa rayo rinotemerwa nekuverenga kwakaringana.

Vanotiudza kuti tidye mapuroteni, sezvo mapuroteni akanaka kune hutano. Asi tinofanira kudya zvakawanda sei? Pane chiverengero chinowanzobvumiranwa pane zvatinoda zuva nezuva here? Zvidhinha zvinodiwa pakuvakwa kwechivako, asi chokwadi hatigoni kuunganidza zvidhinha tisingasaruri kana kuisa chimwe pamusoro pechimwe pasina dhaka.

Nyanzvi itsva dzakapinda munhandare. Vakatama mainjiniya ane ruzivo rwehuwandu hwemafekitori akaoma uye zvino vanoshuvira kuchengetedza nekushandisa iwo mafekitori ivo pachavo.
Kwose kwose kune zvimedu zvezvimedu zvakatutirwa pamadiro.
Mumwe nomumwe wavo anongotora chero chaanogona kuisa maoko ari nyore pachiri ndokuchidyisa kufekitari. Mumwe unouyisa mabwe, mumwe dare; yechitatu inotakura ivhu, yechina inotakura mvura. Zvese izvi vanobatana pamwe chete pasina hurongwa hwakagadziriswa kana dhizaini, uye vobva vaenda kunotora zvimwe uye zvakanyanya.
Zvakawanda organic uye inorganic zvinhu zvinogara zvichigadzira zvazvo

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chitarisiko. Mumwe anodyisa muchina wacho nechanza chechimwe chinhu, achiti chinobatsira; mumwe anoizadza nebhaketi rechimwe chinhu chechipiri, ichiti ichiri kubatsira zvakanyanya. Nokudaro munhu wose anovhunga fekitari nechero chaanofungidzira kuva sezvikamu zvezvigadzirwa zvayo zvakakodzera. Miedzo inoitwa, kuedza kusingagumi. Kune rumwe rutivi, chiverengero chakati chavanhu vasina maturo vakapisa zviya zvokubikisa; kune rumwe rutivi, munhu ari wose ari kumhanya-mhanya kunhonga zvisaririra zvaanogona kubva mumadota ari kupfungaira ndokuzvidyisa mumuromo wefekitari.

Sezvineiwo, fekitari inotanga kushanda zvisina nguva. The more fekitari ichishanda zvisina mwero, ndipo pakanyanya kuwanda kuedza kwadzo nyanzvi dziri kutanga idzi. Vanomhanya uku uye nenzira iyo kutsvaga nzira itsva uye zvinhu zvitsva. Mukumhanya-mhanya ikoko vanotsika-tsika, kuparadza kana kupisa zvinonyanya kukosha zvemakemikari zvinoriumba, zvinoumba izvo dzimwe nguva zvidiki zvakanyanya kuti zvionekwe navo. Pavanoona kuti nhamburiko dzavo hadzibetseri uye mugariro wefekitari unoenda zvishoma nezvishoma kubva pakuipa kuenda pakuipisisa, ivo vanoenda kure kurenje ndokuwana zvinhu zvitsva chose chose izvo zvisina batano chose chose nezvinhu zvinogadzirwa zvefekitari, uye edza kudzora mashandiro echirimwa chavo nerubatsiro rwavo. Kwenguva yakati, chimwe chezviya zvitsva zvinomisa kuchema kwefekitari, chimwe chinomisa ruzha rwayo runobaya, chetatu chinonotsa kumhanya kwokushanda kwezvimwe zvinhu, nepo chechina, mukusiyana, ichichikurumidzisa mberi. Kuchinja uku kunoratidza zviratidzo zvakanaka kwavari; vanosvetuka nomufaro uye vanoombera maoko savana vaduku, uye ipapo vanopfuurira kutsvaka zvinhu “zvine simba uye zvinoshanda zvikuru”. Dzimwe nguva, zvimwe zvikamu zvefekitari zvinomira kushanda zvachose kana kuti zvinoshanda zvisina kurongwa zvokuti zvinoisa pangozi kuchengeteka kwevavakidzani vazvo. Ipapo ndipo apo varume vanoratidza hunyanzvi hwavo hukuru. Vanobvisa nounyanzvi uye vanorasa mativi “asina maturo” iwayo.

Hazvishamisi kuti kuedza kwose ikoko kunoguma nokukundikana zvachose uye imwe pashure peimwe mafekitari anodzingwa basa nokukurumidza. Asi mabungling mainjiniya haarase tariro.

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Vanorambira mukuedza kwavo kweshungu, vachiramba kurangarira mainjiniya chaiwo emafekitari iwayo, hunhu hwavo, hwavakaramba.

Kuenzanisa kunopfuurira kwomuviri womunhu nefekitari hakuitwi nenzira yokufananidzira. Nokuti muviri womunhu zvechokwadi fekitari yakafanana nemamwe mafekitari, nouyu musiyano wokuti wakaoma zvikuru kupfuura fekitariwo zvayo uye mativi ayo maduku zvikuru zvokuti mazhinjisa awo haaoneki uye haanzwisisiki kumunhu.

Sezvakangoita mainjiniya ari pamusoro, biologist yedu inoita zviedzo pavanhu nemidziyo yakaipisisa iri paruoko, nezvokudya zvakaderera zvinobvira, nemishonga yakasiyana-siyana yekugadzira uye nechepfu dzose dzinouraya dzinozivikanwa kuvanhu. Vanoburitsa zvinyorwa zvisingaperi zvine mazita asingachinjiki ezvinhu uye vanorasisa vanhu nemazano avo anotsausa. Mumwe nemumwe anoratidza zvaanoda, mumwe nemumwe anotaura zvinouya mupfungwa dzake, achiita zvisina tsarukano, nekutonga kwechigunwe.
Vanozadza zviuru zvemavhoriyamu uye vanofashamira nyika nawo, vanotinhira paredhiyo, vanodhinda zviziviso mumapepanhau.
Asi zvese zvavanoita ndezvenhema, zvese zvavanotaura zvinopokana.
Zvinomiririra chinhu chinokuvadza zvakanyanya sechinobatsira zvakanyanya, asi chinorambidza kushandiswa kweiyo yakakosha. Mune iyi meedley yekunyorova nekuvhiringika, vanyori pachavo vanotsvanzvadzira mukukahadzika nekusagadzikana, nepo vateereri vavo vachimira vakavhiringidzika uye nekuvhiringidzika.
Panguva ino, maiwe, avo vari pedyo nesu vanosiya upenyu uhwu mumamiriyoni, pasina chikonzero nguva yavo yakafanira isati yasvika.

Ndinokumbira varume vese vane pfungwa dzakanaka pasi rose kuti vabude yekusava nehanya kwavo nekushaya hanya kana nekuda kwehutano hwavo uye hwekith uye hama yavo. Ngavabatanidze maoko neni kuitira kuti nesimba redu rekubatana tivhure maziso evanhu, tigadzirise tsika dzakaipa dziripo dzekudya kunovaka muviri uye kumisa kuurayiwa kunotyisa ikoko.

Mumwe nemumwe wedu ngaavhure maziso ake anyatsoona zvinokatyamadza zvinonyadzisa budiriro yemazuva ano. Kuburikidza nemafungiro asina kunaka akatorwa nemasayendisiti edu, vanoita purofiti uye vanofungidzira vakapinda mumunda. Zvikafu zvinokuvadza uye zvakasvibiswa zvakanyanya zvinoshambadzirwa pachena sezviwanikwa zvakapfuma zvevhitamini uye zviri

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kutengeswa pachena kuvanhu. Zvinosanganisira mabhisikiti, masiwiti, zvinwiwa zvakapfava zvakaita seCoca-Cola neremonade, nyama yakaora, mukaka wakaomeswa uye zviuru zvezvimwe zvakasiyana-siyana zvekudya, izvo zvakanyimwa zvachose izvo zvakakosha zvinovaka muviri uye zvinonyanya kukonzera hurwere nekuuraya vanhu. Zvinhu zvinonyanya kuda kuziva zvinounganidzwa kubva pano neapo, zvakasanganiswa pamwechete, zvakazadzwa mumagaba nemakatoni, zvakanyorwa nerumborera rurefu rwemazita ezvipfuyo zvinoita sesainzi uye zvinotengeswa kuruzhinji rwevanhu se "dietetic" gadziriro nem
Kusvika padanho rakadai mishonga yemazuva ano yave kutengeswa zvekuti marabhoritari akazvimirira anobhadhara chikamu che50 percent kuvanachiremba pamhosva dzinoitwa kuvarwere vanotumirwa kwavari. Munhu aizofanira kuzadza mazana emavhoriyamu kana aida kupa mufananidzo une udzame woushati hwose huri munyika yanhasi. Parizvino, handina kusununguka kuita basa iroro.

Zvichakadaro, biologist vanowana imwe vhitamini panguva yekutsvagisa kwavo. Mushure mechinguva vanozoona kuti hausi musanganiswa wakapfava, asi wakaomesesa wezvinhu gumi nembiri, pane chimwe nechimwe chavanosarudza zita. Zvishoma nezvishoma vanocherechedza kuti rimwe vhitamini hariratidzi simba raro kana vamwe vasipo, kana kuti vanocherechedza kuti, pakupinzwa mumuviri, chimwe chinhu chinochinja kuva chimwe uye zvichingodaro.

Mhedzisiro yevhitamini yekugadzira pamuviri wemunhu inooneka uye inopesana. Varume vanokanda zvidhinha zvemutsara weimba pasina dhaka ripi neripi uye ipapo, kuti vagadzirise chikanganiso ichocho, vanogadzira dhiramu guru rakazara nedhaka rakaderera ndokuridururira pachivako pakarepo. Kunamatira pamusoro pekunze kwezvidhinha, iyo dhaka inodzivirira chivako kubva kumhepo nemvura kwechinguva, asi haipindi majoini pakati pezvidhinha uye, zvechokwadi, haisviki mukati mezvikamu zvechimiro. Dzimwe nguva kuwanda kwakanyanyisa kwedhaka iroro renhema rinoshandiswa; ipapo chivako chipi nechipi chine nheyo yakati dedera chinongodonha. Izvi ndizvo chaizvo zvinoitika dzimwe nguva panguva yejekiseni revhitamini, apo murwere anofa pakarepo mushure mejekiseni. Ko zvinogoneka zvinomiririra sechikafu chinhu chinouraya murume mukati

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maminitsi mashanu ekupinda kwayo mumuviri wemunhu? Vanhu vachapengenuka rini ndokusiya upenzi hwakadaro? Pasinei nekuwanda kwekukundikana, kuodzwa mwoyo nenhamo, varume vanorambira munzira yavo yekukanganisa uye ine njodzi, vachiramba kudududza nhanho imwe chete.

Mabhuku matsva anoramba achioneka; zvinyorwa zvitsva uye kurudziro zvinogara zvichiwedzerwa kune zvekare uye mafashama asingaperi echepfu anoramba achiyerera kubva kumafekitori achienda kunhengo dzevarume. Sezvazviri, zviuru zvemavhoriyamu zvakanyorwa pane zvinovaka muviri uye zvine chekuita nenyaya, ese aine maonero akasiyana uye maonero, akasiyana ruzivo uye ruzivo, rondedzero dzakasiyana uye matafura.

Ngatimbotii kwechinguva mabhuku akanyorwa pamunhu mavhitaminzi uye zvimwe zvinovaka muviri zvinovaka muviri, kurudziro yezvinovaka muviri uye rondedzero yezvikafu chaiyo zvese ndezvechokwadi. Ipapo tingashamisika kana iyoyi zvirokwazvo iri gadziriro inoshanda yezvokudya zvomunhu uye kana avo vanoshuva kurarama munyika ino vari pasi pechinodikanwa chinosuruvarisa chokudzidza mabhuku iwayo ose nomusoro. Chii chichaitika kumamiriyoni, ipapoka, anogara mumakomo nomumipata, mumisha iri kure nemisha, uye asina banza rokuzvirovedzanisa namandaza ezvokudya namatafura akadaro? Vanofanira kufa nenzara

Aiwa, shamwari dzakanaka, mukai kubva mukusakendenga kwenyu, nokuti handiyo nzira youpenyu yakarongerwa munhu. Upenyu hwakadai zvechokwadi hausi upenyu zvachose; ihope huru. Tinofanira kuunza shanduko yakakwana uye nekukurumidza mumafungiro edu kumatambudziko ekudya. Zvinyorwa pamusoro pezvinovaka muviri zvinoumba uye kudya kunofanira kumiswa uye zvose zvinyorwa zvemavhitaminzi ekugadzira uye mishonga ine chepfu inofanira kuregedzwa kamwechete.

Pane nzira imwe chete yekusunungura vanhu kubva kuhusiku ihwohwo kamwechete zvachose, uye ndeyekuunza shanduko huru mumararamiro edu uye mukudya kwedu. Aya maitiro anofanirwa kushandurwa nenzira yekusanganisa uye kuwiriranisa hurongwa hwekudya kunovaka muviri nehupenyu hwemunhu. Zvino sarudzo pakati pezvinovaka muviri haichashandisi chero chinangwa chinobatsira uye vanhu havazopa imwe pfungwa kune chaiyo chikafu. Ndizvo chete zvakadzikama zvakakwana

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chikafu chinofanirwa kuchengetwa kumba sechine hutano hwakafanana; nemamwe mazwi chimwe nechimwe chezvokudya zvinodyiwa nemunhu chinofanira kuva chikafu chakakwana pachacho.

Vaverengi havafaniri kufunga kuti zvakaoma zvikuru kutungamirira vanhu vose munzira inoshamisa iyoyo. Zvinongoratidzika zvakadaro pamusoro. Sezvo ndapfuura nematanho ayo ese ini, ndoziva kuti, kure nekuoma, ibasa rakanyanya kureruka, randakagadzirira kupa nguva yangu yese nesimba.

Tinofanira kusika mamiriro ezvinhu akadai seachaita kuti zvikwanisike kuti vapfumi nevarombo, vakuru nevadiki, vakadzidza uye vari nyore zvakafanana kurarama hupenyu hune hutano pasina kuramba tichisungirwa kuita sarudzo inomanikidzirwa pakati pezvokudya zvavanodya. Ipapo kusarudzwa kwechikafu kuchave kwakatemwa nepfungwa yedu yekuravira, izvo zvinodikanwa uye zvishuwo izvo zvichava nhungamiro yedu isina kukanganisa mukusarudza kwechikafu chikafu.

Tinogona kushamisika, shure kwezvose, zvinotsvakwa nenyanzvi dzezvinhu zvipenyu uye chii chinangwa chavo chikuru ndechekuti. Zvichida ivo pachavo havana pfungwa yakajeka yechinangwa chavo chekupedzisira, asi ndichavaudza. Vari kuedza kutsvaga kuti ndezvipi zvinhu zvinodiwa nemuviri wedu kuti tive nehupenyu hune hutano. Vanoshuvira kuona kushanda kwakakodzera kwevhitamini yega yega uye yega yega mineral mumuviri wedu. Vanoona kuti vhitamini yakati inoita kuti tikure, imwe inotidzivirira pazvirwere, yechitatu inosimbisa mazino, zvichingodaro. Asi panzvimbo pokuzviisa vamene munhamo yose iyoyo, kwaisazova nani here kudai vakashanyira masango eAfrica kwenguva imwe chete ndokubvunza nzou dziri ikoko rudzii rwamapiritsi ecalcium adzainwa kuti dzikure nyanga dzenzou dzakasimba, kana kuti marudzi api emapuroteni. vakadya kuti vaunganidze hukuru hwavo?

Ngatimbotii mushure mekushanda nesimba kwezviuru zvemakore pakupedzisira vanowana chinangwa chavo. Vachabva vakwanisa kuziva zvese zvinoumba mutsanga yegorosi kana mune imwe miriwo yemuriwo uye nekunzwisisa zvizere zvemabasa azvo akasiyana mumuviri wedu. Asi chavanotsvaka nemoyo wose chatova muruoko uye mune upfumi hwakawanda. Ivo nokudaro vasvika pamusoro pavo

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vavariro, chinangwa chaicho chavaisatarisira kusvika mumarabhoritari avo mushure mezviuru zvemakore. Ko zvino vachatsvagei?

Asi muverengi haafaniri kufunga kuti nyanzvi dzezvinhu zvipenyu vanhu vasina njere zvachose. Vane zvikonzero zvekuita sezvavanoita uye kubva pamaonero avo ivo zvikonzero zvakasimba uye zvine hungwaru. Nokuti masayendisiti "vakabudirira uye vane tsika" vanhu; havasi vanhu vekare vanogara mumasango ane rima, kana kugara mumatanga kana mudanga rezvipfuwo. Ipapo vangasiya sei chingwa chavo chichena, makeke avo anonaka nemakeke anonaka ndokuzadza miromo yavo negorosi mbishi, kungofanana nemhuka dzechinyakare? Ichokwadi, hongu, kuti mukushandura gorosi rose uye risina kusvibiswa kuita chingwa chena kana makeke, kunze kwekafa starch uye shuga, makumi ezviuru zvaro zvezvinovaka muviri zvinoparadzwa, asi izvi hazviratidzi kuvanetsa. Havambotibvumiri kukanganwa kuti starch isina upenyu uye shuga, zvakare, vane "zvinobatsira." Ivo vanopa macalorie anodiwa kuti ape kudziya kumuviri wedu, nepo izvo zvinodikanwa zvemitezo yedu, glands uye tsinga zvinogutswa neanoshamisa "saenzi" zviwanikwa senge mavhitaminzi ekugadzira, kugadzirira kwemamineral, mahormone enhema uye pamusoro pezvose kuwanda kwechepfu, inokunda imwe. mumwe musimba uye musimba.

Pakupedzisira, chii chaizoitika ipapo kumaindasitiri, zvipatara, vanachiremba, vanamukoti, zvitoro zvemishonga, zvokuvhiya nezvimwe midziyo yakafanana? Inhamburiko dzakadini dzisati dzaitwa mukudziwana uye ibasa rakadini risina kupedzwa mukudzivaka! Vaizosiya sei “zvinobudirira” zvose izvozvo nokuda kwegorosi duku iroro? Danho rakadaro haritombofungidzirwi, ndoda kutonyatsotorwa. Izvo zvine basa zvishoma kana zviuru, kwete, mamirioni avanhu akafa nechirwere chemoyo, kenza uye zvimwe zvirwere. Nokukurumidza kana kuti gare gare vanhu vanofanira kufa zvakadaro, naizvozvo hakuzati kuri nani here kuti vafe nokukurumidza ndokuzvisunungura vamene munhamo nokutambura zvenyika ino? Chii chiri kushandiswa kurarama kusvika zera remakore mazana maviri munyika iyo iri kuwedzera kuwandisa sezvairi? Usashamisika kuziva kuti kune vanhu vane mafungiro aya. Kungataurwa zvamazvirokwazvo kuti voruzhinji vorudzi rwomunhu, vakapofumadzwa sezvavakapindwa muropa nokudya zvitunha, vanofunga nenzira iyoyo nhasi. Asi ndinozivisa pasi rose kuti VANHU VOSE VANOFANIRA

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PEDISA ZVIRIMWA MUNYIKA Mbishi. UYU NDIWO MURAIRO WEZVISIKWA.

Zvakadaro, handirambi kuti nguva yese iyi vavariro inotungamira yenyanzvi dzezvinhu zvipenyu yanga iri chishuvo chokushandira vanhu. Asi apo vanoona kukundikana kwenhamburiko dzavo, vanofanira kuchinja muitiro wavo une ngozi pasina kunonozeka kwechinguvana uye vanofanira pakarepo kumisa kubudiswa kwamabhuku ose ane chokuita nenhau idzodzo; zvikasadaro vachakodzera kutukwa kwezvizvarwa zvinouya. Ndaunganidza pamwe chete maidi ose anopokanidzana nenhamba dzinowanwa mumabhuku pamusoro pezvokudya zvinovaka muviri, ndanyatsopepeta ndokuyera ufakazi huripo ndokuwana mhedziso inokosha yokuti kana tichifunga nezvezvokudya zvinovaka muviri kubvira zvino zvichienda mberi vanhu vose vanofanira kufunga zvakafanana uye vobva vafunga. kudya z Nezve mhedziso iyi, hapafanirwe kuve nekupokana kana kuramba.

Nokudaro, sezvo mabhuku akadhindwa kusvika pari zvino ane chokuita nezvinovaka muviri uye kudya kwakasiyana-siyana akaita basa rawo, ose anofanira kubviswa pakufambiswa kwemabhuku kuitira kuti pfungwa dzeveruzhinji dzirege kuzovhiringika nedzidziso dzavo dzisina kunaka uye dzinopesana. . Mune mamwe mazwi, iwo ese mabhuku anobata nemabasa uye "mabhenefiti" emapuroteni, makabhohaidhiretsi, mafuta, mavhitaminzi nemamineral anofanira kurambidzwa. Ndizvo zvinofanira kuitawo mabhuku ose ane ngozi ayo kuedza kunoitwa kuratidza kuti ukoshi hwezvimwe zvokudya huri mune chimwe chinhu chinovaka muviri chiri machiri.

Kunyange mabhuku iwayo umo vanyori vawo vanoedza kusimbisa ukuru hwemamwe marudzi ezvibereko kana zvichienzaniswa nemamwe anofanira kurangarirwa seakanyanya kuwanda. Kunyanya, tsvagiridzo yeramangwana inogona kunangarirwa kuita zviedzo zvakajairwa kuitira kuti ipe data inodiwa yekuona dhigirii rebudiriro uye zvakanakira imwe kirasi yechikafu mukuenzanisa nemamwe makirasi. Somuenzaniso, fundo dzingaitwa kuona misiyano yakafara pakati pemichero, zviyo, mhunga, nzungu, miriwo yakasvibira nemidzi, kana misiyano yakadaro, zvechokwadi iripo.

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Kubva zvino zvichienda mberi, rinofanirwa kunge riri basa guru revanyori vese vanofambira mberi, masayendisiti, vanachiremba, vatori venhau nevanoyamura vanhu kuti varatidze kuruzhinji rwese nezvekukuvara kukuru kwakaunzwa nekuderera kwekudya kunovaka muviri uye kukurudzira vanhu kuti vazviise pasi pemirairo. zvechisikigo.

Muviri Wechokwadi uye Muviri Wenhema

Mutengi wenguva dzose wezvokudya zvakabikwa chaizvoizvo musanganiswa wavanhu vaviri mune mumwe; ane miviri miviri. Muviri wekutanga, MURUME CHAIYO, ndiye murume wechokwadi pachake, akadanwa kuti avepo kuburikidza nezvokudya zvomusikirwo uye achiri kutsigirwa nezvokudya zvomusikirwo. Muviri wechipiri, MUNHU WENHEMA, wakasikwa nezvokudya zvisiri zvomuzvarirwo, zvakabikwa, zvokugadzira uye unoramba uchirarama nezvokudya zvisiri zvomusikirwo chete.

Masero ese ari mumuviri wemunhu ayo, ane hutano, akasarudzika uye anoshanda, anochengetedza hupenyu uye anochengeta munhu ari patsoka dzake anovakwa, anopihwa chikafu, anovhiyiwa uye anotsiviwa zvachose neakasikwa chikafu. Iwayo ndiwo masero anopa simba kumamhasuru, anodzora kukotama kwemoyo, anotapurirana mafambiro ehuropi kumuviri uye anogadzira zvakavandika. Padivi peaya maseru akasimukira zvakanyanya kune mamwe maseru ane zvimwe zvakada kufanana nemasero akajairwa, asi ane, ane hunhu hwekutanga, anoshaya michina inodiwa uye michina yehunyanzvi hwekuita mabasa uye anowanzo kuderera uye kurwara. Masero aya anozvarwa, kuberekeswa uye kuwanzwa zvachose nekurasikirwa kwechikafu chisina kujairika uye chakashata.

Mumuviri wemunhu akapindwa muropa nechikafu, murume chaiye ane zvishoma imba zvechokwadi. Kunyangwe kana ari munhu mutete zvakanyanya chikamu chikuru chemuviri chine maseru asingashande.

Imwe neimwe gland kana nhengo inoda imwe nhamba yeanoshanda uye akasarudzika maseru, asi kana inodiwa inokwana maseru akadaro ikaumbwa, kuvakwa kwemamwe maseru munhengo yakapihwa kunomira,

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dai zvisina kudaro raizokura kusvika pakukura zvakanyanyisa. Zvino, nekuti masero anoshanda anodaidzwa kuve nekuve nekudya kwechisikigo chete, nepo akapindwa muropa nechikafu haapi muviri wake huwandu hunodiwa hwekudya kwechisikigo, nhengo inosungirwa kumisa kushomeka kunokonzeresa uye kuchengeta ukuru hwayo mukati memiganhu inonzwisisika nekuunganidza a. imwe nhamba yemasero asingashande anogadzirwa kubva mukudya kwakabikwa. Masero akadaro asingabatsiri uye eparasite akazara munhengo dzese uye masisitimu eanopindwa muropa nezvokudya, asingasanganisi mapfupa, misumari neb

Zvakadaro, muviri wevamwe vanhu uchiri kukwanisa kurwisa chikafu chisiri chemusikirwo kweimwe nhambo yenguva. Hongu, inoneta zvakanyanya kudzivirira kuumbwa kwemurume wenhema nekuderera kwekuda kudya, kusagadzikana kwemudumbu, kusvotwa, kurutsa, kushaya hope, kutemwa nemusoro uye dzimwe nzira dzakafanana. Vanhu vane pfungwa pfupi vanoona zviratidzo zvekudzivirira sezviratidzo zvekuremara kwemuviri, saka pachinzvimbo chekumisa kudyiwa kwechikafu chisiri chepanyama, vanokurudzira kushandiswa kwavo zvakanyanya kuitira "kudyisa nekusimbisa" murwere. Uye kana mukurwiswa kunoramba kuripo kwezvokudya "zvinovaka muviri" kurwisana kwakareba, kwakakweverwa kunosvika kumagumo anosuruvarisa nekukundwa kwemurume chaiye, chipenyu chinomanikidzwa kusiya kuramba kwacho kwakasimba uye "kuzvijaira" kune izvo zvisiri zvechisikigo chikafu. Ichi ndicho chiratidzo chokuberekwa kwomurume wenhema, uyo nokukurumidza anotanga kuparadza semhumhi ndokukura zvisingadzivisiki. Asi vanhu vasingaoni zvakanaka vanoona kukura uku sechiratidzo chechokwac

Nokufamba kwenguva kuramba ikoko kwakava kusina simba, uye nhasi danho rasvika apo vana vakawanda vanoberekwa vaine miviri miviri. Vana vakadaro vanotanga kukura murume wenhema kunyange vasati vauya munyika. Unogona kuona murume wenhema panhanho iri yose pamagaro nemakumbo evakadzi, pamatama akakora evana, pamapaunch anoputika nemitsipa yavarume, uye kumwewo. Murume wenhema anoshatisa zvimiro zvakanaka zvevasikana vaduku mukukura kwavo kwoupenyu, anonyima vanhu vakura simba ravo rokuita basa. Inopinda mukati memoyo, itsvo, tsinga dzeropa, glands uye matishu evanhu uye inoremadza mabasa avo. Kazhinji, zvinotora murume chaiye mukubata kwake uye zvishoma nezvishoma zvinomusvina nekumudzipa.

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Apo mupindwa muropa wezvokudya zvakabikwa anopedza nzara yake kupfurikidza nokudya mumwe muchero, kunoreva kuti panguva yakapiwa murume chaiyeiye anoguta kusvikira aguta uye haachinazve chishuvo chezvokudya. Asi murume wenhema haasati agamuchira mugove wezvokudya zvomusikirwo zvachose, naizvozvo anoda zvokudya zvake amene zvinokosha zvino. Chinoita kuti zvinhu zvive zvisina kunaka inyaya yekuti anotaura zvishuwo zvake zvakaipa kuburikidza nemuromo wemurume chaiye. Kuda chikafu chakabikwa ndiko kushuvira kwechikara ichocho uye hachina hukama chero nezvinodiwa nemurume chaiye. Chido ichocho chinoshanduka kuita kuva nemakaro panguva iyo zvishuwo zviviri zvehutsinye, kupindwa muropa uye zvishuwo zvisina kunaka, zvinobatana.

Ipapa ndipo apo murume chaiye, asina kana pfungwa kana fungidziro, anoita basa rinoshoreka kwazvo. Anoshanda nesimba asingaregi zuva nezuva, achiwana mari nokurwadziwa kukuru nenhamo uye ipapo, achine marwadzo makuru nenhamo, anoshandura zvokudya zvomuzvarirwo zvaatenga nemari yake yaakawana zvakaoma kuita zvinhu zvinokuvadza, anozvipinza mumuviri wake kupfurikidza nokushandisa kwake. muromo wake amene, anoagaya mumugero wake wokudya, anoapinza muropa rake ndokuaendesa kuchikara ichocho, muvengi wake anotyisa zvikuru, waanorera nokurera muchipfuva chake amene uye ane muviri unonyangadza waanopfuurira kutakura pamhasuru dzake dzisina simba.

Pano, ndinofanira kubvunza vanodzidza nezvezvinhu zvipenyu vanopa mapuroteni uye vanoisa tariro yenhema pane inofungidzirwa kuti ine mavhitamini ekugadzira, kana vasinganzwiri tsitsi varume nevakadzi avo vanozununguka uye vachizununguka pavanenge vachifamba mumugwagwa, vasingakwanise kudhonza huremu hwakakura hwe murume wenhema pamakumbo avo asina simba. Ko hana nechikonzero chevanhu ivavo chiripi? Ko mafuta mazhinji iwayo nenyama asina maturo haavapi zvokudya zvokufunga here? Mushure mezvose, corpulence chibereko chemhuka yavo "yakanyatsogadzikana" mapuroteni uye "digestible" chingwa chichena. Ingoedza kunyima vanhu vakakora ivavo chingwa nenyama, uye kuvadyisa kwechinguvana nemitemo yekutanga yechisikigo, wozoona kuti masayabhorosi aya anonyungudika nekunyangarika sei mukati memwedzi mishoma.

Kana tikafunga kuti tingabvisa zviri nyore sei kubva kune izvo zvakanyanyisa mirwi yenyama uye kuita kupora kuzere neakanyanya nyore uye

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nzira yechisikigo, tinogona kushamisika kuti sei vanhu vemhando yepamusoro yezvidzidzo vachitsvaga kune motley yengozi uye isina musoro nzira, pasina tarisiro yekubudirira.

Murume wenhema haana kuumbwa nemasero akaora chete, asiwo ne mvura yakawandisa, mafuta, concretions, munyu, chepfu uye zvimwe zvinhu zvinokuvadza, izvo zvakapinda uye zvakapararira mumapako ese uye matishu emurume chaiye. Hurwere hwese, pasina kusarudzika, hunodanwa kuve mumasero emurume wenhema. Mumasero emurume wenhema, zvakare, ndiko kuberekwa kenza.

Zvirwere Zvinokonzerwa Nekutyorwa kweMitemo ye Nature

Panogona kuva nezvikonzero zviviri chete zvekuputsika kwefekitari: kushaikwa yezviyero mumidziyo yayo yakabikwa uye kukuvara kunongoerekana kwaitika kunobva kunze. Hapagoni kuva nechimwe chikonzero. Kukuvadzwa kwechiitiko kunotsigirwa nehupenyu hwevanhu kubva kunze (kupisa, kukuvara, chepfu, nezvimwewo) zvinonzwisiswa zviri nyore uye hapana kusawirirana pane nzira dzinoshandiswa mukurapa kwavo.
Pakati pekukuvadza kwekunze uku kunogona kusanganisirwa kukuvadzwa kunoitwa kumuviri nemishonga yese yekuzvirapa, mavhitamini ekugadzira, zvicherwa, doro, nicotine, tii, kofi, pamwe nehuzhinji hwehupfu hunounzwa mumuviri nechikafu chakabikwa. uye zvinochengeterwa munhengo imwe neimwe.

Iyo chete inowirirana uye isina mhosva mbishi zvinhu zvemunhu chipenyu ndiwo zvirimwa zvakasvibirira zvakatemwa nemasikirwo. Kuchinja kudiki-diki kunoitwa mumiviri iyoyo kunoreva kukanganisa kuwirirana kwezvinhu zvefekitari yakapihwa; ikokuwo, kunoreva kubvisa kushanda kwakafanira kwefekitari iyoyo; nemamwe mashoko, zvinoreva chirwere. Mukuwirirana nemirairo yezvakasikwa, izvi zvinofanirwa kutorwa seaxiom, pamusoro payo hapafanirwe kuve nekupokana kana kusiyana kwemaonero.
Zvigadzirwa zvemufekitari yevanhu zvakanzi ZVESE.

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Chimiro chakavaka zvinhu zvakasvibirira zvinodiwa kumunhu zvine maverengero chaiwo zvekuti kana tikaisa bheri rimwe remazambiringa mumuromo medu, iro bheri diki rinoputika uye rinopararira mukati mehupenyu hwese kuti ripe zvese zvarinoda pasina kunze. Berry iro rinotanga kuvaka rudimentary chimiro chemasero akareruka, obva agadzira zvese mukati memasero akapatsanurwa, anopa zvigadzirwa zvinodiwa pakugadzirwa, kuchenesa nekuzora mativi ese echikamu uye anovandudza izvo zvakakanganisika, kutsiva vakuru uye. masero akaneta nemasero epwere, anopa mafuta kumamotor oita kuti afambe, anopa muviri kudziya uye simba zvinodiwa, uye kuita chero basa ripi zvaro rinodiwa kuti uite.

Muverengi angashamisika kuti sei kune vanhu dzimwe nguva vasingadyi muchero chero upi zvawo kwemavhiki kana mwedzi pakupera asi vachikwanisa kuramba vari vapenyu. Mhinduro ndeyokuti, kazhinji kutaura, kunyange iyo yakabikwa yakabikwa yakapindwa muropa inotora chikafu chakasvibirira nguva nenguva. Pane dzimwe nguva masero emazuva ose anofa nenzara kwemavhiki nemwedzi, asi nemhaka yokuti michero yakapfupika zvikuru uye zvokudya zvinovaka muviri zvikuru, chitsama chiduku kwazvo chinoita kuti munhu arambe achifamba neimwe nzira. Asi kana nzara iyoyo yakarebesa zvisina musoro (nokuti munhu wacho pachake haanzwi nzara iyi), pane zvinoonekwa mumutumbi zvirwere zvakasiyana-siyana, maronda uye zvirwere, izvo zvakakomba zvikuru ndeye scurvy.

Munguva ye scurvy pane kupera zvishoma nezvishoma kwemasero, kunokonzerwa nekusavapo kwepamusoro pezvinovaka muviri. Gare gare, madziro ecapillaries anotanga kuputika, zvichiita kuti ropa riwedzere. Mazino ava kuita manyemwe uye ane sponji, mazino anodonha uye muviri wese wemurwere wakafukidzwa nemaronda. Mukuona kwevanhu vane maonero mapfupi chirwere ichi chinokonzerwa zvachose nekushayikwa kwevhitamini C. Zvokudya zvose zvakabikwa, zvinodhaka uye mavitamini ekugadzira munyika hazvina simba rekuchengetedza hupenyu hwemurwere akadaro. Kana akasatora muchero mutsva kana muriwo, rufu rwake harunzvengeki.

Zvisikwa zvave zvakanyanyisa kufadza kumunhu, asi munhu anotora mukana wekunakidzwa ikoko. Iyo American cytologist EV Cowdry

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inoti: "Kurasikirwa nehupfumi hwemuviri webasa rakarovedzwa nemasero akave akashata hakuna kukomba, nokuti kune zvakasara mumarudzi ose emasero akasiyana-siyana anogona kushevedzwa kana zvichidiwa, anozivikanwa se physiologic reserves. Zvipfumbamwe mugumi yeadrenal cortex, 1/2 yemapapu, 3/4 yechiropa, 4/5 yethyroid uye pancreas uye yese spleen inogona kubviswa nekuchengeteka" (CANCER CELLS, Philadelphia neLondon, 1955, p. 11). Kunyange nyanzvi yecytologist yakakurumbira zvikuru munyika yose inoona zvishoma zvokuti haaoni kurasikirwa kwezvikamu zvipfumbamwe mugumi zvegland sezvakakomba kune chipenyu; kurasikirwa kunoonekwa kwaari chete kana chipenyu chakapihwa chinomira kushanda zvachose. Asi chidzidzo chaCowdry chinouya kuzosimbisa chitendero chinoitwa nevanodya mbishi kuti chero kudzikira kwekudya kwekudya kwakabikwa kunoteverwa nekudzikira kwakaenzana kwehuwandu hwemasero anoshanda, uye nekudaro, mukushanda kwegland yakapihwa kana nhengo. Kazhinji nhengo dzemunhu akapindwa muropa neanodya dzinochengetedza hupenyu hwadzo nekushanda kwechikamu chimwe chete kubva mugumi kana chikamu chimwe chete muzvishanu chezvinokwana maseru.

KANA ACCOUNT YAKAKODZWA ICHItorwa PEMITEMO YE NATURE CHINHU CHINOGONESA CHINHU CHINORAMBA CHAKAVANZIKA; zvinhu zvose zvinobva zvajeka sechiedza chemasikati. Pakangosvika huwandu hweakajairwa, masero anoshanda anodzikira kuburikidza nekudzikira kwehuwandu hwechikafu chikafu chinodyiwa, glands uye nhengo dzinotadza mukushanda kwavo uye goho rinova murombo, kusakwana uye kukanganisa, nekuda kwekushomeka kweiyo mbishi. Somugumisiro, glands dzakapiwa uye nhengo dzinorwara. Zvakare, nemhaka yokuti masero mashoma anoshanda asara uye ayo asara anoziya nenzara uye apera simba, madziro emwoyo anotsemuka uye mavharuvhu anokuvadzwa; idzo nhengo dzakaoma dzeganda, ura, dumbu uye dzimwe nhengo dzemuviri dziri pasi pekumanikidzwa nguva dzose dzinokanganiswa; macapillaries anowedzera uye obva aputika, zvichiita kuti mudumbu nomudumbu muve nemaronda, maronda emuchuchuru, pyorrhea, hemorrhoids, eczema, zvichingodaro. Meno anoora nokushaiwa zvokudya zvakakwana; bvudzi rinobva rachena kana kudonha. Panguva imwecheteyo, pamwe nekuunganidza kwezvinhu zvine chepfu zvakaunzwa mumutumbi nenzira yezvokudya zvakabikwa majoini haakwanisi; madziro emidziyo yeropa akafukidzwa nedhipoziti yakaoma; dombo (kana calculi) inoumbwa mu

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dundira; sclerosis, high blood pressure, sciatica, rheumatism, gout nezvimwe zvirwere zvakawanda zvinoita kuti zvioneke. Chekupedzisira, zvino rave basa riri nyore kutsanangura zvikonzero zvekurwiswa kweapoplectic uye
kenza.

Hapana anodya akabikwa anofanira kuzvitora seane utano. Hwaro hwehurwere hwake hwakateyiwa naamai vake vakapindwa muropa vanodya zvakabikwa kunyangwe asati azvarwa. Nhengo dzake dzakadzikira uye nguva yega yega dziri munjodzi kana kupedza matura avo ekupedzisira esimba. Pashure pokunge averenga mitsara iyi, ani naani anokoshesa utano hwake uye ane hanya noupenyu hwake anofanira kuita chisarudzo chakasimba pamusoro pengozi iyoyo uye kunyatsogadzirisa kukuvadzwa kwatoitwa kumuviri wake. Kunyanya, avo vanhu vanotambura nekufutisa uye kuwedzerwa kweropa havafaniri kuzeza kwekanguva, nokuti hupenyu hwavo hunorembera neshinda. Havafanire kubvumira izwi rinotyisa rekuti "zvisingatarisirwe" kuti rioneke muzviziviso zvavo zverufu mangwana. Shoko iroro ndihwo humbowo hunoshamisa hwekusaziva kwemurume “akabudirira”.

Mwana muduku haafaniri kuchema pasina chikonzero; haafanire kumbopfuura husiku husina kugadzikana kana kutambura nezvirwere zvemudumbu, zvichiri zvishoma nefivha. Uyewo haafaniri kumboona kushayikwa kwevhitamini kana calcium. Zvose izvi migumisiro yezvokudya zvakabikwa, mukaka uye kuderera kwemukaka waamai vake vanodya wakabikwa. Ndinozivisa ndataurazve kuti imhosva ine utsinye hukuru kudzidzisa mwana achangoberekwa zvokudya zvakabikwa. Kusvika pari zvino mhosva iyi yakaitwa nevabereki vese vasingazivi; kubva zvino ichaonekwa semhosva yakafanorongwa. Mangwana, hapana vabereki vachakwanisa kureverera mhosva yavo.

Sarudzo isati yaitwa yekuvhiyiwa, murwere anofanira kuwana nzira yekudya yakazara-yakabikwa. Kana nhengo yakakanganisika isina kurasikirwa nemubatsiri wayo wemasero anoshanda zvachose, inogona kudzorera simba rayo rose rekushanda nekubereka masero ane utano uye kubvisa anorwara.

Chero bedzi kune chero masero ane chirwere mumutumbi wemunhu, pane chido chakasimba chekudya kwakabikwa. Asi kana muviri wacheneswa pamasero awo ane hosha, kuona kwekudya kwakabikwa kunozadza chaiko

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munhu anosema, panzvimbo yemafaro. Iyo yakasimba manzwiro e "nzara", iyo yakadzika uye graver ndiyo chirwere. Muchidimbu, chishuvo chezvokudya zvakabikwa chishuvo chehosha, uye kupfuurira kwechishuvo ichocho kunoratidzira kupfuurira kwehosha. Naizvozvo, kuti ukunde uye kutsakatisa hosha, zvinodikanwa kuziya nenzara murume wenhema.

Varwere vegomarara vanofanirwa kuiswa pakarepo pakudya kushoma kwechikafu chakabikwa, senge pondo yemaapuro kana mazambiringa pazuva. Huwandu uhu hwakakwana kuchengetedza murume chaiye ari mupenyu, nepo maseru egomarara, asingakwanise kuwana chero chikamu chayo, anofa zvishoma nezvishoma. Munhu anenge atongerwa rufu anenge asisina kodzero yokugutsa muromo wake nemutengo wekuti akurumidze kufa.

Ngationei zvino sevhisi inobatsira yatingagona kuitirwa nemhando 350,000 dzezvinhu zvine chepfu idzo vakatumidza mishonga.
Vanokwanisa here kuwedzera huwandu hwemasero akapatsanurwa, kusimbisa maseru asina simba kana kupa maseru akaremara simba idzva rekushanda? Vanogona here kupa zvinhu zvinogadzirwa kumatumbu ane nzara kana kuti kutsiva zvinovaka muviri zvinoparadzwa nemoto? Vanogona here kusimbisa tsandanyama dzemwoyo kana kuchenesa tsinga dzeropa pakusachena kwavo? Vanogona here kumisa kuyerera kunopfuurira munhengo dzedu dzetsvina uye chepfu dzinopinzwa mumuviri wedu nezvokudya zvakabikwa? Chekupedzisira, vanogona here kupatsanura nekutsakatisa maseru egomarara rimwe nerimwe kana kuadzosera kumuviri? Zvichida izvo chepfu zvinoumba chikamu chakakosha chekudya kwedu uye kuri nekutarisa kuti zvisikwa zvakakanganwa kuzviisa muzvikafu zvechisikigo.

Chokwadi chiripo ndechekuti mashandiro ezvinhu izvozvo ndizvo kufungidzira, kunyengera, zvinoonekwa, zvinopesana uye zvinogara zvichikuvadza. Zvinyorwa zvakakura pamusoro pezvinhu zvinobatsira zvemishonga ingano yezera redu. Nyika yakakura kwazvo yekutenda mashura inobata vanhu vese vepasi rino pasi pesimba rayo rose uye mishonga inokuvadza inotora pairi basa rematauro.

Tinofanira kudzika kubva pakakwirira uye tova nemaonero echokwadi kumatambudziko aya. Sero diki risingaverengeki pacharo, rine chimiro chakaoma kupfuura mafekitori ese akagadzirwa nevanhu. Ichi chi

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zviri pachena kubva muidi rakapfava zvikuru rokuti nenhamburiko dzadzo dzose dzakabatanidzwa nyanzvi dziri munyika hadzina kutongokwanisa kuunza sero rimwe chete rinorarama kuvapo. Uye zvakadaro nhengo yega yega inoumbwa nemamiriyoni emasero akadaro. Kunyanguvezvo, chirembawo zvake anozvifungidzira amene ari nyanzvi yenyika huru idzodzo. Chiremba iyeye paanonyora zita remumwe "mushonga" une chepfu pabepa, nenjere anofunga kuti anogona kudzorera kusarongeka kwemamiriyoni emafekitari nekunyorera chepfu imwechete. Ndichibata vana vangu vadiki nemaoko avo, kwemakore nekupera, ndakadzungaira kubva kune imwe nyika kuenda kune imwe ndine tariro yekuwana iyo inoyevedza, inopa hupenyu! Netariro yokufungidzira imwe cheteyo kuti murwere wose, pasinei zvapo nemamiriro ake ezvinhu, anogogodza pasuo rachiremba wake nhasi kana kuti atore nzvimbo yake mumutsetse wechipatara.

Nepo mushonga chete wechirwere chega chega uri mumaoko omurwere pachake. ZVINOKOSHA ZVIRWERE ZVINHU ZVINOFANIRA KUWANIKWA MUMOTO WOMBIKO. NEKUTSARARA KWEMOTO UYO KUCHAPIKA KUTAMBUDZIKA KWESE KWEMUNHU. Kupedza mbishi-kudya hakungoite sedziviriro kuhurwere hwese, asi zvakare kunoporesa zvachose zvirwere zvese zvakatobatwa, kubva kune zvakapfava kusvika kune zvakakomba uye zvakaomarara, chero iyo nhengo yakabatwa ichine zvimwe zviratidzo zvehupenyu.

Mubhuku iri diki, handikwanise kubata nenyaya iyi kwenguva yakareba. Zvakakwana kupa muenzaniso mumwe chete. Zvirwere zvemwoyo ndiyo dambudziko revanhu nhasi. Mune dzimwe nyika mwero wokufa kwehosha dzakasiyana-siyana dzemwoyo unopfuura hafu yenhamba yose yenzufu, uye chikamu chacho chinoramba chichiwedzera. Mishonga yese iripo yekurwisa hosha idzodzo ingori nzira dzekufungidzira. Nechepfu yemuviri, inogumbura kana, pane zvinopesana, inouraya mitsipa uye kukurudzira chiito chemwoyo, vanobvisa chipenyu chezvasara zvesimba. Pupurira idi rokuti vanachiremba ndivo vanyajambwa vakuru vesitiroko yemwoyo. Zvakadaro pakati pezvirwere zvese zvemoyo kusagadzikana ndizvo zvinogoneka kurapwa. Raw-Veganism ichagumisa kuurayiwa kwese kusina musoro.

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Kana murwere anenge achifanira kufa nechirwere chemwoyo mumavhiki mashoma kana mwedzi mishomanana kana mwedzi mishomanana akapotera mumitemo yezvakasikwa ochinja kuti ave kudya mbishi nhasi, achanzwa kuvandudzwa kwemamiriro ake nokukurumidza. Kubva pazuva rekutanga chairo tsinga dzake dzeropa dzichakurumidza kutanga kurasikirwa nekusachena kwayo, uye madziro etsinga dzake, pamwe neayo emoyo wake nemavharuvhu ayo, achawana zororo idzva rehupenyu nemushonga mutsva wemasero anoshanda, zvishoma nezvishoma. kuwanazve elasticity yavo yakakodzera uye kusimba. Nekuda kweizvozvo, panzvimbo yekufa mumavhiki mashoma, mutsva wekudya-mbishi achakwanisa kutarisira nechivimbo kune hupenyu hune hutano hwemamwe makore makumi mashanu kana kupfuura. Kana mubvunzo uri wekutsiva hupenyu hwehurwere hwemavhiki mashoma nehupenyu hune hutano hwehafu yezana ramakore, hatifanire kubvumira kuzeza kuchipinda mumoyo yedu. Hakusi kuchenjera kurangarira rufu sorumwe kamwe uye serusingakarirwi. Pandinoona zvimedu zvenyama nechingwa zvichipinda mumuromo memunhu asingafungire, ndinofungidzira kuderera kunenge kuri kuitika mumadziro emwoyo wake netsinga dzake dzeropa, uye nguva yega yega ndinomutarisira kurohwa nehana.

Kazhinji, pane zvikonzero zvina zvinokonzeresa zvirwere: 1. Kushaikwa muhuwandu hwemasero akasiyana. 2. Kusakwana kwezvinhu zvakasvibirira zvakakosha pamabasa ematumbu. 3. Kuvapo kwemitumbi yevatorwa uye masero eparasitic mumuviri. 4. Kupera simba mukupikisa kwemasero kuhutachiona hwehutachiona. Kudya mbishi kunonetsana nezvose izvi zvikonzero zvina kubva pakutanga uye zvinopa mhinduro chaiyo kudambudziko rechirwere.

Nekudaro, munguva yekutanga yekudya mbishi, yakabikwa-yakapindwa muropa dzimwe nguva inosangana nekusagadzikana kwakasiyana, izvo zvinogona kupa vanhu vasina kufunga fungidziro yenhema yekuti chikafu chechisikigo chinopedza muviri uye kukanganisa hutano. Kusanzwisisa uku ndihwo humbowo hunokatyamadza hwekusaona kwenguva pfupi kwemunhu wanhasi. Iro pfungwa yekuti ZVAKAWANDA zvinovaka muviri zvinogona kuteverwa neUNNATURAL uye zvinokuvadza mhedzisiro ipfungwa isina musoro, iyo inofanirwa kubviswa kubva pamafungiro edu zvachose.

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Inofanira kuberekwa mupfungwa kuti kubva 40-50 kilos kana kupfuura murume huremu hwemakirogiramu zana ndeyemurume wenhema, uyo achangotanga kunyunguduka uye, achiperekedzwa nemasero ayo ane chirwere, mafuta, concretions uye chepfu, achamhanyira muropa, kuitira kuti abve mumuviri kuburikidza nekubuda kwakasiyana-siyana - tsvina, weti uye dikita. Pakuona zvinhu zvekune dzimwe nyika muweti neropa, munhu anoona mupfupi achafunga kuti akaumbwa kubva kune zvinovaka muviri, nepo chaizvoizvo zvichibva mumuviri unosemesa wemunhu wenhema, uyo uri kupera zvishoma nezvishoma uye uchisiya chipenyu zvachose. . Ndokusaka shanduko yekudya yakabikwa isingafanirwe kudzorwa nemaitiro enguva dzose esainzi yekurapa; panzvimbo pezvo, tinofanira kuzviisa pasi pemitemo yomusikirwo nechivimbo ndokutarisira miuyo yokupedzisira neshiviriro nokushivirira.

Panguva iyoyo zviratidzo zve flatulence zvinogona kuoneka. marwadzo emudumbu, musoro, giddiness, general debility, zvichingodaro. Mune zvimwe zviitiko weti inogona kuvhiringika, tsoka dzingazvimba, mapundu anogona kuoneka pamuviri uye panogona kuve nekuoma nekukwenya pane dzimwe nzvimbo dzeganda. Ese aya maitiro ekucheneswa uye kupora, saka munhu haafanire kukundwa nepfungwa ye "nzara" uye, achivaraidza kusava nechokwadi nezvehuchenjeri hweMusiki, anotora kudya kwemanheru "kunovaka muviri", - mapuroteni "akanyatsogadzikana" uye "isingadzoreki" amino acids kubatsira. Kana munhu akapusa kuita kudaro, zviratidzo izvi zvinopera kamwechete, asi zvichikuvadza hutano hwomunhu. Murume wenhema achabva awedzera kugomera uye, achiseka kupusa kwemurume chaiye, achatanga kukura zvakare nehupenyu hutsva.

Zviratidzo zvakadaro zvinosiyana mukuitika uye kuomarara kubva kune mumwe munhu kuenda kune mumwe, uye zvinogona kunge zvisipo zvachose mune zvimwe zviitiko. Sezvo mutemo, ivo vanokwanisa kuva vakaoma kune vakwegura uye vane corpulent vanhu, vanyoro muvechiduku uye vasipo zvachose muvana vachangoberekwa, avo vanozotanga kukura nenzira yakajairika. Kazhinji, mumuviri wemunhu akafuta zvakanyanyisa murume wenhema akadzvinya uye akaonda murume chaiye pasi pekumanikidzwa kwehuremu hwake hunorema zvokuti zvishoma zvinosara kwaari asi "ganda nemapfupa." Munguva yekutanga yekudya mbishi-kudya

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uremu hwemunhu akadaro huchadzikiswa zvakanyanya zvekuti avo vasinganzwisisi chimiro chechokwadi chekuchinja vanotanga kumunzwira tsitsi.
Asi uyu unongova mufananidzo uri pachena wezviri kuitika chaizvo.
Mumuviri weanodya mbishi murume chaiye akatanga kurema kubva pazuva rekutanga uye, mushure mekubvisa murume wenhema, acharamba achikura nenzira yenguva dzose kusvikira huremu hwake hwasvika. . Mumunhu mutete zvikuru kuwedzera kwehuremu hwemurume chaiye kuchapesana nekurasikirwa kunoitwa nemurume wenhema, kuitira kuti pave nekuwana mambure muhuremu kubva pakutanga.

Uku kukura kwemurume chaiye kunonyanya kukurumidza muvana vatete, vasina simba uye vasina simba. Hatifanire kutarisira kuti vana vanodya mbishi vachange vakagwinya uye vane makumbo sevamwe vavanotamba navo vanodya vakabikwa, nekuti kukora ndicho chiratidzo chemurume wenhema. Vana vanodya mbishi zvechokwadi vachave vatete, vane tsinga uye vane tsandanyama. Kusaziva chaiko ndiko kunoita kuti vabereki vane pfungwa dzakapfava vafarire kukora kwevana vavo.

Pandakatanga kuchinjika pakudya-mbishi, chirongwa chakakura chekuchenesa chakatanga mumuviri wangu. Handina kuona zviratidzo zvehurema, asi ndaitambura nemarwadzo muura hwangu, mitsetse pakati peminwe yangu nezvigunwe zvakatanga kuoma, zvichiteverwa nekukura nekukwenya, mapundu akabuda pamuviri wangu, uye pane dzimwe nzvimbo dzetsoka dzangu ganda. yakaomeswa uye yakasvuurwa mumaflakes. Tsoka dzangu, idzo kutozosvikira panguva iyoyo dzaiwanzozvimba kusvika pamwero muduku, dzakaerekana dzazvimba zvakanyanyisa, uye kuzvimba uku kwakatora mwedzi yakati kuti kuderera. Zvino mushure mechinguva weti yangu yakabva yati piriviri. Mukati menguva yose iyoyo ndakazvirovedza ndimene nokufamba nzendo refu kupfuura dzandakanga ndamboita muupenyu hwangu kare. Zvakanga zviri pachena kwandiri kuti, pasi pedzvinyiriro inopfuurira yezvokudya zvomusikirwo uye kurovedza muviri, maconcrete akanga aungana mutsinga dzangu dzeropa namajoini mukati memakore 50 okudya akabikwa akanga ava kutanga kunyunguduka ndokunyangarika. Kuti ndive nechokwadi mukutenda kwangu, ndakaerekana ndarega zvachose kudya uye kwemazuva matatu ndakadya ndiro dzenyama chete. Pazuva rekutanga huturu hweweti yangu hwakadzikira, pazuva rechipiri kwangosara zvironda zvishoma, asi pazuva rechitatu zvakanyangarika zvachose.

Pandakazotangazve kudya mbishi, weti yangu yakabva yaita kuvhiringika zvakare, asi

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kwete mukuoma kwayo kwekare, uye yakapera zvishoma nezvishoma mumavhiki mashomanana. Mazuva matatu ekudya-akabikwa sezviri pachena akadzikisa kukurumidza kucheneswa kwemuviri wangu. Sezvineiwo, ndakaita chimwe chiziviso panguva imwe cheteyo. Mvura yaitorwa nekudya zvine munyu yakawedzera huremu hwemuviri wangu nemakirogiramu matatu muhuwandu hwezuva rimwe chete.
Sezvineiwo, ndakadzokera kuuremu hwangu hwekare pazuva rechina mushure mekutangazve kudya mbishi.

Zvichida zvakanaka kuti mutsvakirwi anodya mbishi kuti ave nemoyo wakanaka repast mushure memwedzi mishoma yekurega kubva pane zvakabikwa. Nokuenzanisa maitiro maviri ezvokudya zvinovaka muviri, anowedzera kugutsikana kuti nzira yaakasarudza ndiyo yakarurama, uye mushure mezvo haaroti kudzokorora kuedza.

Kuzvimba kwakasimba kwetsoka dzangu zvishoma nezvishoma kwakapera mumwedzi mishomanana. Saizvozvo, ini zvakare ndakatambura nekumwe kwenguva refu kunyoro kuzvimba; izviwo, zvakaderera mumakore mashomanana akatevera uye pakupedzisira zvakanyangarika zvachose. Zviratidzo zvakafanana zvinoonekwa, zvakanyanya kana zvishoma, muvazhinji vanodya mbishi, vanondinyorera nezvavo kubva kumativi ese enyika.

Chainyanya kukosha kwaiva kunyangarika kwemachuru angu. Mahemorrhoids asingaperi akanga asina kundizorodza kana kuti kuzorora kwemakore 15 kana kuti 20.
Zuva nezuva, dzimwe nguva kaviri pazuva, ndaisungirwa kuchinja zvipfeko zvangu zvemukati. Kuzvimba kwacho hakuna kumbopera; kwaigara kuchibuda urwa, mhino neropa. Kunyange pashure pokunge ndachinja kuva kudya mbishi, pasinei zvapo negadziriro yenguva dzose yakanga yapinzwa mukushanda kwemitezo yangu yokugaya, mugariro wemirwi yangu wakaramba usingachinji. Mushure mekuedza kwese kwemuviri, kana kunyangwe mushure mekufamba kuri nyore, kushatirwa kwakava kwakanyanya zvekuti dzimwe nguva ndaimbofunga kuti, nekuda kwekuchinja kwe morphological kwaive kwaitika, pamwe mirwi yaisada kubvuma kudya mbishi uye kuti mukati. kuguma kwandinofanira kusungirwa kuzviisa pasi pekuvhiya mushure mezvose. Asi panguva imwe cheteyo, handina kutongorasa tariro musimba rechisiko. Uye zvechokwadi, mwedzi mishoma gare gare mamiriro acho akatanga kuratidza kuvandudzwa kwechokwadi. Kushatirwa kwezuva nezuva kwakachinja kuita kaviri pavhiki, ipapo kusvika kamwe pavhiki, kamwe chete pamwedzi

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uye gare gare zvichiri kamwe chete mwedzi miviri kana mitatu, kusvikira pakupedzisira kurapwa kwakabudirira zvokuti nhasi, handinzwi zvachose kuti ndakatombotambura nemahemorrhoids. Mushonga wacho wakakurumidziswa zvikuru pandakatanga kunwa masaradhi egorosi rakamera zuva nezuva. Iye zvino aya mamiriro ezvinhu anoita kuti titarisane nechokwadi chinokosha zvikuru.

Icho chinhu chinonyatsozivikanwa kuti mirwi inokonzerwa nekuderera kwekusagadzikana kwemadziro erectal uye distention yemitsipa pamucheto wezasi wehuta. Kuporeswa kwemirwi nekudya mbishi humbowo hwekuti, kuburikidza nekutsiviwa kwemasero akaparara mumutumbi nemasero anoshanda, nekufamba kwenguva madziro ematumbo uye tsinga yeropa inovandudzwa zvishoma nezvishoma, ichiwana elasticity inodiwa uye kusimba. . Chinonyanya kukosha ndechekuti chiitiko ichi chinoitika panguva imwe chete mumatumbo, mudumbu, mutsinga, capillaries uye tsinga, uye munhengo yese uye gland pasina kusarudzika. Mune mamwe mazwi, chipenyu chakakanganisika uye chinorwara chemubiki-anodya chinodzoreredzwa zvachose nemusanganiswa mutsva wemasero madiki, akasarudzika uye ane hutano. Kuwedzera kwesimba repabonde nekudya mbishi-kudya kuchauya sechishamiso kune vese, kunyangwe mukuita zvepabonde kuenzanisa kwakasimba kunofanirwa kuve musimboti wedu wakasimba. Mumitambo mbishi-vanodya vanogadzira zvinyorwa zvitsva uye zvisati zvamboitika. Apa ndipo panowanikwa nguva refu yeva alchemists, mushonga wehupenyu. Hazvisi zvinokonzeresa mhedzisiro inowanikwa mumaawa mashoma nemishonga, asi maitiro akakosha ekurapa zvirwere kuburikidza nekuvakwazve kwemuviri wese.

Zvichipa kuti masero enhengo kana gland haana kupedzwa zvachose, kudya kwechisikigo kunoita kuti vakwanise kudzoreredza mubatsiri wavo wakakosha wemasero nekuzvara masero matsva, uye panguva imwechete kubvisa kuvepo kwemasero anorwara uye asina basa. Asi hapana nzira yokudzosera nayo nhengo yakarasika, yakadai sezino rakaora, kumugariro wayo wakare.
Ndosaka, panyaya dzeutano, kuverengera kune ngozi.

Munhu akabikwa anodya anorarama nebasa rechikamu chimwe chete kubva muzvishanu kusvika kune chimwe chegumi chemitezo yake nemagland asi, chero bedzi achikwanisa kumira netsoka dzake, anozviona semunhu ane hutano. Zvakatoipa zvikuru, ngozi yokunyim

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kunyange icho chegumi chinorembera pamusoro pake nguva dzose sebakatwa reDamocles, kunyanya kana aine zvishoma "zvakanaka" kudya kwemanheru.

Ongororo yeva cytologists inoratidza kuti mukuwedzera kune masero asina indolent anowanikwa mumuviri wemunhu akasiyana akawanda ane multinucleated hofori masero (polykaryocytes), uninucleated over-size masero (megakaryocytes), uye mamwe marudzi akaora masero. Masero akadaro "anowanzo" aripo munhengo dzose uye glands, uye kunyange muropa rezvokudya zvakabikwa. Masayendisiti ekutsvagisa anoona izvi uye kuwanda kwekumwe kukanganisa munhengo dzevose vakapindwa muropa nechikafu vanosungirwa kuzviona se "zvakajairika" kana "zvakasikwa" zvinoitika.

Zvokudya zvechisikigo hazvirambe zviri munhengo dzinogayiwa kweanopfuura maawa mashoma uye, ingave yakagayiwa kana kuti kwete, inosiya muviri nenzira yakajairika, nepo chikafu chakabikwa, kunyanya icho chinobva kumhuka, chinogara mumugero wekudya kwevatatu. kana mazuva mana, dzimwe nguva kwemavhiki. Zvino, iidi rinosanozivikanwa kuti nokukurumidza pashure pokunge masero emhuka afa anovamba kuora, achibudisa mhatsa huru yezvinhu zvine chepfu sezvaanodaro. Naizvozvo hapana chikafu chisina chepfu chemhuka patafura yeanodya-akabikwa. Hakushamisi, ipapoka, kuti pashure pokugara mudumbu romunhu kwamazuva matatu kana mana patembiricha ye38°C. chikafu chemhuka chinoshandurwa zvachose kuita chepfu. Dzimwe nguva nzira iyi inofambira mberi kusvika pakuti mushure mokunge vaparadza madziro ematumbo uye vasanganiswa nehuwandu hwakawanda hwepus, mucus uye ropa, vanobudirira kusiya chipenyu. Pazuva rechipiri, murwere anonyunyuta nezvechirwere chiduku mudumbu. Vanachiremba vanokurudzira kushandiswa kwetafura yemunyu kuitira kudzivirira kuitika kwekuora kwakadaro, sekunge vanoda kushandura dumbu remunhu mumudziyo wenyama yakarungwa. Vanhu vanongotenda vanodavira kuti chero chinhu chipi zvacho chinogamuchirwa nemudumbu hachigoni kukuvadza; nepo mupunga wakakwenenzverwa, chingwa chichena kana shuga, izvo zvinonyanya kukuvadza pane zvese zvekudya, hazvikonzeri kuita kwekukurumidza mudumbu. Vamwe vanotoshamisika kuti kudya kunobatana kwei nemaziso, ganda kana tsinga, sokunge nhengo ipi neipi yemuviri inogona kuita mabasa ayo pasina zvinhu. Zvino, ndechipi chinhu chinogona kuwanikwa nemunhu

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chingwa chichena, shuga kana bhotela rakajeka rinogona kupa chiedza kumaziso kana kuronga kushanda kunoshamisa kwetsinga? Vanhu vanosimudzira marudzi ese efungidziro yekufungidzira kuti vatsanangure zvinokonzeresa zvirwere zvetsinga, asi havatarise zvishoma kune chinonyanya kukosha chinhu - zvimiro zvezvakagadzirwa zvinopihwa kune tsinga.

Kupokana kweMunhu nezvirwere zvinotapukira kunopera simba Kubva Chizvarwa kusvika Chizvarwa

Izvo zvinoti njodzi yezvirwere zvinotapukira iri kuramba ichienderera mberi kuderera kunonyengera. Nekuda kwekudya kwakabikwa, masero emunhu akarasikirwa zvishoma nezvishoma simba rawo rekurwisa utachiona uye, zvakatonyanya, anoramba achirasikirwa nesimba iroro kubva kuchizvarwa kuenda kune chimwe chizvarwa.

Panyaya iyi, ndinoda kutora zvinyorwa zvishoma kubva ku "Pathological Anatomy uye Pathogenesis yeHuman Diseases" nemusayendisiti ane mukurumbira weSoviet IV Davydovsky, rakabudiswa muna 1956.
Maererano naye: "Kune huwandu hwezvirwere zvakanyanya kune homo-sapien (anthroponoses) izvo hazviiti, chaizvoizvo, kuitika mumhuka, kusanganisira maape akakura. kana kuti zvimwe vanokwanisa kuwana zvakafanana zvikuru zvevashoma chete vavo (typhoid, korera, mararіya, meningococcal meningitis, furuwenza, gwirikwiti, jaundice, diphtheria, scarlet fever, mabayo, rheumatism, sepsis, gonorrhea, furunculosis, appendicitis, zvichingodaro. on).

"Mazoonoses uye ornithonoses (zvirwere zvemhuka nehuku) izvo kunoitika muvarume, senge hydrophobia, encephalitis, brucellosis (Malta fever), psittacosis, chibhokisi, denda, tularemia, anthrax, trichinosis uye vamwe, vane, sekutonga, zviratidzo zvavo zvakakosha kumunhu, nepo mumhuka dzimwe nguva ivo. ratidza chete kure kure kwezviratidzo izvozvo."

Nokudaro kunoratidzika kuti hadzisati dziri mhuka dzose bedzi, kubatanidza madzitateguru avanhu, tsoko, hadzitapurwi nehosha chaidzoidzo dzavanhu, asi hadzitombodaviri kuedza kwamaune kwamasayendisiti okunzvera kuvatapura nehosha idzodzo nokuda kwezvinangwa zvokuedza. Mukupesana ne,

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kune mabhakitiriya akanyanya kumhuka neshiri, asi haaabata sezvakangoita, kunyangwe aripo munhengo dzawo nguva dzese. Zvisinei, pakupfuudzwa kumunhu, mabhakitiriya iwayo chaiwo anomutapurira nenzira yakaipisisa uye ine ngozi. Tinofanira kuwedzera kune izvi chokwadi chekuti mhuka dzinodzivirirwa kubva kuzvirwere zvisingaperi.

Chii chiri chikonzero cheuyu musiyano unoshamisa? Chii chinosiyanisa munhu nemhuka pano kana isiri tsika yake yekuzvipa chikafu maererano nemirairo ye "civilization" uyezve kugara padhesiki rake akasununguka akaturikidzana makumbo? Ingozvifunga iwe pachako kuti zvingave zvakaita sei kana rimwe remazuva akanaka aya mombe ikaenda nayo mumusoro mayo kuti ive "yakagwinya" semurume, kudya chikafu chayo mushure mekuibika muhari uye, pakurwara, kuita senge zvikonzero zvaisazivikanwa. Ipapo kana mumwe munhu akakarakadza kuti anofanira kuedza kuzvidyisa amene nouswa husina kubikwa, anofanira kutaura rutyo rwokuti muviri wake wajaira zvokudya zvakabikwa, uswa hunyoro hungamukuvadza. Fungidzirawo kuti mombe yacho ingave yakaita sei nhasi kudai yadya uswa hwakabikwa kwezviuru zvemakore, isingambofungidzire kuti zvayaiita zvaisaita. Asi iyi ndiyo nzvimbo iyo vanonamata nyama vane hasha vemazuva ano vakazviisa mairi.

Kurwisana nezvirwere zvinotapukira kunobva kune zvachose kukanganisa maonero. Kuderera kwehuwandu hwekufa kubva kune zvirwere zvinotapukira kwave kuwanikwa kwete nekusimbisa kupikisa kwemuviri, asi nekuderedza mamiriro ekunze anoparadzira zvirwere.
Nokufamba kwenguva, simba romunhu rokuramba rakapera simba zvokuti kana tikabvisa zvinhu zvinobatsira zvinopiwa nedzimba dzemazuva ano, gadziriro dzokugovera mvura pakati pepakati, utsanana hwomumaguta, kuparadzaniswa kwevarwere zvichingodaro, uye tikadzokera kumamiriro akanga aripo makore 200 apfuura, vanhu. raizoparadzwa nehosha dzakasiyana-siyana mumakore mashomanana.

Zvakadaro, kunyangwe nhasi auto-hutachiona, senge izvo zvinokonzeresa catarrhal mamiriro, kukura nekukurumidza uye kuve njodzi isingadzivisike kune vese vakabikwa-vanodya vanhu. Kutora mukana wekushaya simba kwemasero emunhu wenhema, ma microorganisms asingakuvadzi anova

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zvinokuvadza chaizvo. Davydovsky anonyora kuti: "Tichifunga nezve data yemazuva ano pamusoro pekushanduka kwebhakitiriya tinofanira kuona chirevo chekuti mabhakitiriya epathogenic anogona kugadzirwa kubva kune anonzi mabhakitiriya asiri epathogenic ari pedyo chaizvo nechokwadi. Nokudaro, bacilli yetyphoid, paratyphoid uye dysentery inogona kutanga. kubva muura, bacilli chaiyo yediphtheria inogona kutanga kubva kubhacilli yenhema.Mametamorphose akadaro anogona kuitika mumarudzi ose ecocci, muanaerobes, mune bacilli yedenda uye tibhii uye mune mamwe ma microorganisms. Auto-infection inonyanya kukosha nekurasikirwa kwevagari vemuviri wemunhu, ganda uye mucous membranes. "

Muzvirwere zvakawanda zvinotapukira humbowo hwehutachiona haupo. Kazhinji, chirwere chega chega chinotapukira chinotanga kuoneka mumutumbi wakatetepa wemumwe munhu asina kusimba uye chobva chapfuudzwa kune vamwe vanhu. Muchokwadi, zvese zvipenyu zvakadaro ifekitori ine njodzi yekuparadzira nekuparadzira mabhakitiriya epathogenic. Fekitari yakadaro haifaniri kuwanikwa pakati pevanodya mbishi. Saka nyika yevanodya mbishi ichave isina zvachose kubva kuzvirwere zvese zvinotapukira

Maonero aDavydovsky nezve auto-infection anogona kupfupikiswa sezvizvi: "Nzvimbo huru dzemuviri wedu uko maitiro ekutapukirwa kweauto anokura ndeaya: huro, tonsils, vermiform appendix, ura hombe, conjunctiva, bronchial tubes uye. Zvirwere zvinotapukira zvinotapukira ndeizvi: nasal catarrh, pharyngitis, colitis, dysentery, bronchitis, mabayo, cystitis, pyelitis, nephritis, conjunctivitis, kuzvimba kweganda.

furuncles, carbuncles, otitis, cholecystitis, osteomyelitis, post-natal. endometritis, nezvimwewo. Zvinoenderana nedata rakapihwa neFG Barinski (1949), mu50 muzana chete yezviitiko zvese zvescarlet fever uye 15 muzana yediphtheria inogona kutangwa zvakananga. Mune mamwe mazwi, muhuwandu hwakawanda hwezviitiko zvose zve diphtheria hapana humbowo hunoratidza kuti hutachiona ndehwekunze. Zvakare, humbowo hwakapihwa naTE Boldyrev (1949) hwakaratidza kuti 53 muzana yenyaya dzetyphoid hadzizivikanwe kwakabva. Basa rezvirwere zvekunze zvishoma nezvishoma rinopera, richipa nzvimbo yaro kune zvirwere zvinotapukira. Pasina chero

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kusava nechokwadi mune ramangwana, zvichaonekwa kuti basa guru rinoitwa ne-auto-infections, kunyanya sezvo isu tisati tave tine ruzivo rwakakwana rweruzivo runodiwa runoita kuti tikwanise kutsanangura kukosha kwemaitiro ehupenyu nemamiriro ezvinhu anochinja. iyo yakajairika symbiosis yemasero uye mabhakitiriya kupinda mamiriro ehutachiona.

"Nezve aetiology yezvirwere zvinotapukira tinofanira kusiya Mafungiro akaumbwa munguva yaKoch, Ehrlich naPasteur pane 'pathogenic' hunhu hwehutachiona hwekunze uye mukati menhau. Mupfungwa yakazara yeshoko haisi iyo mabhakitiriya pachawo ari pathogenic, asi iyo physiological correlations iyo iripo mune yakapihwa chipenyu pane imwe nguva uye iyo organically yakabatana nekuvhiringidza muhurongwa hwayo hwekudzora uye tsinga nzira. Iko hakuna yakakosha 'pathogenic' hutachiona muzvisikwa; kune, zvisinei, hapana magumo ezvikonzero zvinokurudzira kusununguka mune chinowanzo pikisa chidzidzo, uye zvakasiyana."

Tinogona kutora mhedziso imwe chete kubva pane zvese izvi. Chikonzero chaicho chezvirwere zvinotapukira hachisi hutachiona, asi mamiriro asina kunaka ezvakajairwa zvipenyu zvipenyu. Utachiona hwakagara huripo, huripo uye hucharamba huripo nekusingaperi. Mushandirapamwe wokuvaparadza nokuvaparadza kupenga chaiko. Nekuda kwekufuratira zvikonzero chaizvo zvehosha, simba remunhu rekudzivirira rakadzikiswa zvishoma nezvishoma zvekuti vanhu havachamirira kuti hutachiona hubude kunze, asi vanokundwa nehutachiona huzere mukati memiviri yavo. . Nokuti mumuviri wemunhu mabhakitiriya chaiwo asingakwanisi kuita chero kukuvadza kune mhuka dzakashata anouya chiso nechiso nemasero asina simba, asina maturo, asingashande akaumbwa kubva munyama, chingwa, ruomba uye shuga. Hakushamisi, ipapoka, kuti anongowira pamasero iwayo ndokuadya zvikuru. Munhu ane njere anofanira kuchenesa muviri wake kubva kune rimwe nerimwe remasero asina basa, mushure mezvo hapana utachiona huchashinga kusvika kune masero echidiki, akasimba uye akasimba anenge avapo kubva kune michero yakanaka, nzungu uye zviyo. Pano, zvirokwazvo, "ndiyo musimboti wemaitiro emuviri uye mam

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symbiosis yemasero uye mabhakitiriya mune mamiriro ehutachiona," iyo tsanangudzo iyo Davydovsky asingakwanisi kupa.

Basa remishonga inorwisa mabhakitiriya semishonga yekurapa ndeyechinguva uye inonyengera. Vanhu vari kuodzwa mwoyo nazvo zvishoma nezvishoma. Neutralizing mhedzisiro yebasa rebhakitiriya kwechinguva chidiki, vanonetesa maseru uye kujekesa nzira yehutachiona hwakasimba gare gare.

Ndine ruzivo rwakanyanya rwemishonga inorwisa mabhakitiriya. Nekuda kwekushomeka kwechikafu chemusikirwo vana vangu vaigara vachitambura nefivha isingaite, inoramba ichikonzerwa nekutapukirwa ne auto-infection uye auto-intoxication, tembiricha yavo inowanzochinja pakati pe37.8 ° C. uye 38 °C. Ndakaenda nemwanakomana wangu kuParis ndokumuronzesa kuti atarisirwe ne "nyanzvi" dzakakurumbira ikoko. Nehurombo, kuburikidza nekuedza kusingasaruri nemishonga inorwisa mabhakitiriya vakakwidza tembiricha yavo kusvika pa40-41°C. uye zvichishatisa mwoyo wake neitsvo, pakupedzisira vakamuuraya, vasingakwanisi kuziva chirwere chake.

Ndizvo chaizvo zvakaitika kumwanasikana wangu, asi zvakadaro mhirizhonga yakakura, makore maviri gare gare. Ndakamuisa muChipatara Chevana cheAnscharhohe (Kinderkrankenhaus Anscharhohe) muHamburg, umo Dr. Wolfgang Tiling akaita ongororo dzisiri dzehunhu pamwana wangu murombo. Zuva nezuva aibudisa ropa rakawanda, iro raaiedza kuongororwa kwakasiyana-siyana mumarabhoritari kana kubaya majekiseni akawanda emakonzo netsuro, achinyepedzera kuti nokuwanza utachiona aishuvira kuziva chipenyu chaikonzera chirwere ichi, asi icho chaikonzera chirwere ichi. akanga asingakwanisi kuziva mukuongorora kwake kusina kujairika kwekiriniki. Kukwirisa tembiricha yemwana wangu yakakwira, hombe ndiyo yaive madosi emishonga inorwisa mabhakitiriya yaipihwa uye nemhando dzakasiyana dzawo. Nekuwedzera kwemishonga inorwisa mabhakitiriya tembiricha yakakwira ichikwira, kusvika yaramba ichingochinja pakati pe39°C. uye 41°C. uye zviratidzo zvenephritis zvakave zvakasimbiswa zvakasimba. Ne "sayenzi" yake inoreva kuti akakurumidza kukura kwechirwere, achideredza "nguva" yenguva yemakore mana kusvika kumwedzi mumwe chete. Aiona mwana sechidhoma uye aitityisa mukutenda kwenhema

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kuti kana asina kupihwa cortisone kana kuiswa mukati me biopsy, aisazorarama inopfuura vhiki.

Makanga muri mumazuva iwayo apo ndakasangana naBircher-Benner wechiGerman treatise entitled "Nutritional Diseases" ("Ernahrungskrankheiten", Erster Teil, 1933). Ndakabva ndabudisa mwanasikana wangu muchipatara ichocho ndokumuronzesa kuti atarisire zvokudya zvinovaka muviri. Nekamwe kamwe fungu remashiripiti tembiricha yemwana wangu yakadonha kunharaunda ye37 ° -37.5 ° C. uye huwandu hweweti yake hwakawedzera kubva pa200m1 kusvika pamarita maviri pazuva. Pasina vhiki akasimuka ndokufamba mukamuri umu kuti avhurire chiremba uya akanga asina tsitsi, uyo akarohwa nehana uye akatya kunyadziswa zvokuti nechikonzero chimwe chete chisina chikonzero kana chimwe akaramba kundipa makopi echipatara. zvinyorwa uye bvunzo dzekiriniki.

Dai ndakaramba ndichidyisa mwana nekudya zvisingaite, chokwadi dai ari mupenyu nhasi. Asi panguva iyoyo ndaiona chikafu chisina kubikwa senzira yekurapa uye ndakanga ndichiri nekutenda mumavhitamini ekugadzira. Kuti ndinyatsoziva nezvezvinovaka muviri zveDr. Bircher Benner's Private Clinic, ndakatora mwana kubva kuHamburg kuenda kuZurich ndikamuchengeta muchipatara ichocho kwemazuva makumi maviri nematatu. Ndinogona kutaura pano, nenzira, kuti zvinosuruvarisa mushure mekufa kwaDkt Bircher Benner, hurongwa hwake hwekudya hwakagadziridzwa zvikuru nekuiswa kwezvokudya zvakabikwa, zvigadzirwa zvemukaka, mavitamini nemimwe mishonga.

Kunyange zvakadaro, ndichikurudzirwa nekuvandudzika kwekukurumidza kwehutano hwake, ndakafunga kuti zvaikwanisika kudzorera hutano hwake muchidimbu nezvokudya zvakasvibirira uye chikamu nezvokudya zvakabikwa uye mavitamini ekugadzira. Zvisinei, takakwanisa kuwedzera upenyu hwake nemakore mana chete.

Ini pachangu ndiri muenzaniso unoshamisa wevanhu, kukunda hutachiona hwemotokari. Kwemakore anopfuura 20 ndakanga ndichirwara nechirwere chebronchitis chisingaperi zvokuti kanoverengeka pagore, ndaigaroenda kunorara ndichibatwa nechando chakanyanya. Kudya mbishi, zvisinei, kwakachinja zvese izvi uye kunyangwe kwemakore gumi apfuura ndakarara pasi pedenga rakashama gore rose, dzimwe nguva muchando chinotonhora che15 kana 16 madhigirii, hutachiona huchiri munzvimbo dzawo.

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handina kana kumbokosora kana kunzwa kachando. Ndinoda kuwedzera nenzira yekuti kurara pamhepo munguva yechando hakudi hugamba. Zvose zvinodiwa ndezvekuvhara muviri zvakanaka uye kuchengetedza chiso chakavhurika kumhepo yakachena. Pamusoro pezvo, zvakakosha kurega chikafu chakabikwa kuitira kuti ubvise zvikonzero zvekusarara uye kuumburuka pamubhedha nguva dzose.

Chirwere chegomarara mhedzisiro yekuderera kwakanyanya kwemasero

Sezvimwe zvezvimwe zvirwere zvose, zvinokonzera kenza, zvakare, ndizvo inotsanangurwa zviri nyore maererano nemitemo yezvakasikwa.

Cytologists vakaita huwandu hukuru hwekutsvagisa kuitira kuti vawane mutsauko pakati pezvimiro zveakajairwa maseru uye aya ekenza maseru. Kazhinji, vakaona kuti masero egomarara maseru emhando dzakajairwa asina chimiro chinodiwa uye kugona kuita chero basa rinobatsira. Chinangwa chavo chete ndechekudya mapuroteni (zvinhu zvekuvaka) uye kuwedzera.

Sezvatinoziva, masero emunhu wenhema ane zvakafanana unhu. Pane imwe chete dhigirii yemusiyano pakati pekuderera kunotambura nemasero emurume wenhema uye masero egomarara. Nezve nzvimbo mune mamwe mamiriro ezvinhu, murume chaiye anobudirira kuchengeta masero emurume wenhema ari pasi pesimba rake. Anoaparadzira munzvimbo dzakasununguka dzemuviri wake, anozadza mapanga asina chinhu nawo, anoaisa pasi peganda rake, anoasanganisa nemasero ake akajairwa uye nekudaro, kwenguva yakati rebei, anochengeta nhengo dzinonzwa uye masisitimu e. muviri wake wakasununguka kubva panjodzi yekumanikidzwa kwavo.
Wese munhu anogona kuona neziso rakashama hukuru hukuru hwemurume wenhema, dzimwe nguva hunosvika huremu hwe60-70 kilogram. Kana makirogiramu mashoma ehuremu ihwohwo akaiswa mugland ripi neripi kana nhengo, kushanda kwegland yakapiwa kana nhengo zvechokwadi kwaizooma mitezo pasi pekumanikidzwa kunoguma. Ndizvo chaizvo nenzira iyi iyo gomarara rinogumisa hupenyu hwemurume.

Masero emunhu wenhema, seaya egomarara, akadanwa kuvapo nechikafu chakagadzirirwa mukicheni che

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chinangwa chikuru chekushanda sevatengi vanoda chikafu chakadaro. Nekuedza kwekudzivirira kwemurume chaiye masero emurume wenhema haakwanisi kuenzanisa zvizere huwandu hukuru hwezvinhu zvisiri zvechisikigo zvinounzwa mumuviri kuburikidza nemugero wekupindwa muropa, uye nekudaro chikamu chikuru chezvinhu izvozvo chinorasika zvisina chinangwa. nekupiswa uye kuchinjwa kuva kupisa kwakanyanya. Kuti vadye vakasununguka mhomho iyoyo yakawandisa yechikafu, masero emunhu wenhema anovavarira kuwana rusununguko, kugara munzvimbo ipi neipi yavanoshuva uye kuti vazvikoshese zvizere. Apo mumwe kana kuti vanoverengeka vavo vanobudirira munhamburiko dzavo, vanovamba kudya nokumhanya kusingadaviriki zvokudya zvinopiwa kwavari natenzi wavo ane makaro. Saka, kutanga nesero rimwe chete kana maviri asingakoshi, panobva pava nechikara chinochengeta vanhu vose vari mumambure ekutyisa kwaro kur Mune imwe yeakawanda pathological maitiro atinosangana nechiitiko chakafanana apo pakati pemilliard yemasero masero rimwe chete kana maviri anokundwa nechirwere.

Murume anoona zvakajeka ane pfungwa dzokubatikana nepfungwa dzake nezvinetso zvakakosha hazvigoni kubatsira kushamisika pamibvunzo yeupenzi iyo masayendisiti ekutsvakurudza anotambisa nguva yavo, mari uye simba. Kuti vatsanangure kuitika kwegomarara vakanyora mamwe mazana mana akasiyana ecarcinogenic agents, ayo, kunze kwezvekudya, haana kana hukama hudiki nezvikonzero zvecarcinogenesis. Wese munhu anofanirwa kuzvibvunza mubvunzo uyu: "Zvisinei kuti chepfu dzese, mwaranzi, kutsamwa kusingaperi, kukuvara, kupiswa, mavhairasi, nicotine, tara uye ruzhinji rwemamwe maajenti anogona, sezvinhu zvinokuvadza, kukwanisa kubvisa masero ekuomarara kwavo. magadzirirwo uye kugona kwavo kushanda, kana kukuvadza, kuwonda, kupwanya uye kuvauraya, asi nenzira dzipi dzingagoneka dzavaigona kupinza musero rimwe chete kana maviri simba rakakura kudaro rekuwanza kuti vakwanise, munguva pfupi pfupi nguva, kuwisira pasi uye ipapo kuparadza zvachose chivakwa chose chinoshamisa chemuviri wemunhu wose?"

Iro simba rinotyisa rinobikwa nekushingaira, kubikwa, kugadzirirwa uye kuendeswa kune monster nemuridzi wehupenyu pachake nokuda kwake.

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kuparadzwa kwake kwekupedzisira. Kenza ndiyo chiratidzo chipenyu chekuderera kwakanyanya kwemasero uye mugumisiro usingadzivisiki wekudya kusiri kwechisikigo.

Panguva yekuferefeta kwavo, nguva nenguva masayendisiti anouya akatarisana nezvikonzero chaizvo zvegomarara. Vanobata humbowo husingarambike mumaoko avo, vanohutarisa kwechinguva uye vanotohusimbisa, asi pese panouya mubvunzo wekuchinja hurongwa hwekudya huripo kuti vaudzwe, vanovhara maziso avo mukuvhunduka, sekunge varohwa nebhanan'ana, uye pasina kumbomira kwechinguva vanotora zvitsitsinho zvavo, nekuti HAVAFARI kuona chero chinhu chisiri chemusikirwo mumaitiro avo ekudya. Zvikurukuru, VASATI kutsoropodza chingwa chavanodya uye icho kwenguva refu vakarangarira sechitsvene, pasina kufungisisa kwechinguvana kuti panguva yachinosvika patafura chave chasvibiswa kazhinji kazhinji kupfurikidza nokukuya. , kupepeta, kukanya nekubika.

MaCytologists anoona zvakajeka kuti gomarara rinounzwa kuburikidza nemasero asina zvimiro zvehunyanzvi uye kugona kushanda, asi mukuona kwavo maseru ese eanonzi murume ane hutano (kunyangwe ari chigadzirwa chekudya kusiri kwechisikigo) anonyanya kukosha. masero akanyatsogadzirwa uye akakwana ayo anozonyimwa hunhu hwavo hwemazuva ese kuburikidza nepesvedzero yemamwe macarcinogenic agents. Mune mamwe mazwi, kusavapo kwemaitiro akakodzera efekitori yezvakaremara mukugadzirwa kwayo kwakabatana nechero chinhu chakajairika, asi havana hukama chero nezvinhu zvekuvaka zvinopihwa kufekitori iyoyo, kana nehunhu uye kunaka kweiyo mbishi. zvinhu zvinodiwa pakugadzirwa. HAVADI KUONA kuti nhengo dzevose vakabikwa-vanodya dzinogara dzakazadzwa nemamiriyoni emasero akarasikirwa nemagadzirirwo azvo uye mabasa. Ini zvino ndichatora zvinyorwa zvishoma kubva kuCowdry's "CANCER CELLS" kubva mairi muverengi achaona zvakajeka uye zvakajeka sei zvikonzero chaizvo zve

cancer vari.

Cowdry anonyora (p.11): "Nekurasikirwa zvachose kana chikamu chebasa rakasarudzika revanotangira, maseru egomarara anorasikirwa nechiyero chakafanana maumbirwo anoita iwo chaiwo basa.

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zvinogoneka. Chimiro hachigoni kuchengetwa kana pasina basa sezvakaita basa ringachengetedzwa pasina chimiro chinowirirana." Cowdry akanganwa kuwedzera chokwadi chiri pachena icho chakavanzika chegomarara chingadai chakapedzwa zvachose.

Sezvineiwo, kuitira kuchengetedza chimiro uye kushanda mbishi zvinhu zvakakosha zvinodikanwa, uye kana izvo RAW MATERIALS zvashandurwa kuita ZVINOBEKA ZVINHU, hapana chimiro chichachengetwa, kana kushanda.

Nokuda kwekukura kwemasero Cowdry anotsanangura Rusch sezvinotevera: "Masero ekare ekare ane nzira dzakawanda dzinozopedzisira dzaona kusiyana. Maitiro aya anova anoshanda kushanda apo zvinoumba zvinowana mamwe mazinga ehuwandu "(p. 15). Panguva yekushandurwa kuva kenza "Carcinogens inokonzera shanduko mune imwe kana kupfuura yemabasa anokosha emusero. Kuchinja kunoguma kunowanikwa." Asi, "Masero akatambura nekuchinja kwakadaro angada kuwedzera kurasikirwa kwezvinhu zvekushandisa asati aita zvachose autonomous neoplasms" (p. 17).

Gomarara hariburitswe kubva kumaseru akanyatsogadzirwa uye akasarudzika. “Zai nembeu ndiwo masero akapatsanurwa zvikuru asingaite gomarara uye anoita kuti pave negomarara rinosanganisira urume kana kuti masero ezai anowanda pasina zvirambidzo zvamazuva ose uye achipindira munzvimbo dzine masero ane hunhu hwakanaka” (p. 333).

Zviitiko zvikuru zvemasero egomarara ndezvekuvhima zvinhu zvine nitrogen, kudya mapuroteni emhuka, kubvuta amino acids, kugadzira mapuroteni asina kujairika uye kuita zvimwe zvakasiyana siyana zvehunhu hwakafanana. Gomarara rave richionekwa se“rinoita se‘nitrogen trap’ rinobvisa maamino acids kubva padziva remuviri pasina kubvumira kudzoka kunodiwa” (p. 39). Kuwedzera pasi kunotaurwa (ibid.): "Nitrogen metabolism yemasero anokuvadza inoratidzika kunge inotakurwa nekutora kubva kumasero ane maitiro akanaka, kushumira muviri zvakanaka, zvinhu zvinonyanya kudiwa navo." Banigni iyi ingadai yakagadziriswa nyore nyore dai mazwi ekuti "zvinoda kwazvo" akatsiviwa nemazwi "HAIBATSIRO UYE ANOkuvadza". Christensen naHenderson (1952) vakafunga nezvehukuru hweamino acid

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kuunganidzwa nemasero ecarcinoma "chinhu chakakosha mukukura uye kuwanda kwesero neoplastic mumhuka inorasa" (ibid.). Mukuona kwavo mhuka yakaraswa kwete kubva pakusavapo kwechikafu chekudya, asi kubva mukushaikwa kwehuwandu hweamino acids.

Masero eCancer anoramba achigadzira mapuroteni. Cowdry anonyora (p. 152): "Kurwara kwagara kuchionekwa sekwakabatana nekusagadzikana kweprotein synthesis uye kugoneka kuumbwa kwemapuroteni asina kujairika. Pane mambure anoenderera mberi ekugadzirwa kweprotein uye nucleoprotein kupa chinhu chitsva chesero mumapundu ari kukura, nepo kuumbwa kweaya. zvinhu zvakajairwa nongrowing tissues zvakaenzana nekuparara kwakaenzana." Mune imwe nzvimbo anonokora mashoko Caspersson (1950): “Pakati pebundu rinokuvadza nesero rinowanzokura panoratidzika kuva pane musiyano unokosha maererano nekuvandudzwa kwegadziriro yekugadzirwa kweprotein. iyo inowanzogadzirisa basa reprotein-forming system, rine zvakawanda kana zvishoma zvakamira, kushanda, zvichiita kuti kuve nekushandurwa kwakananga mumufananidzo we cytochemical" (p. 10-102). Pane here chikonzero chekusimbisa kuti mapuroteni ari mubvunzo haasi mapuroteni anowanikwa kubva kumazambiringa kana maapuro, asi ayo akabikwa kana kubikwa mukicheni uye akarambwa nemasero akajairika?

Dzimwe ongororo dzesainzi dzakaratidza kuti huwandu hwe mafuta ari mumasero egomarara ari pamusoro penguva dzose, nepo ayo emavhitamini nemaminerari, kune rumwe rutivi, ari pasi penguva dzose.

Cowdry anobvuma kuti "Masero, akashata uye neimwe nzira, anenge akaomesesa asingafungidziriki vanhu vaduku. Zvichida rimwe nerimwe ringave riine zvakawanda se10,000 zvakasiyana-siyana zvebiochemical constituents, kubva kune inorganic ions kusvika kune yakaoma zvikuru mapuroteni uye nucleoprotein, iyo inopindirana zvakananga kana zvisina kunanga kune imwe neimwe. ..kuenzana kwezviitwa musero mhenyu, ndiko kutaura kwakajeka kwesero kwehupenyu hwesero, kunofanira kunge kuri kushanda panguva ipi zvayo yekudyidzana kwekinetic pakati pezvinhu izvi.Kutsanangura mamiriro esero ripi zvaro, zvingada kutsanangura nemazwi ekinetic hukama hwakawanda hunobatanidzwa.

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zvishoma zvakasiyana-siyana panguva, tinogona kuwana asi maonero mashoma emamiriro ezvinhu akaoma. Maumbirwo emasvomhu anobata nezvikamu zvina kana zvishanu zvinopa matambudziko akakura, tisingarevi aya anobata nezviuru zvezvinhu zvakasiyana-siyana" (p. 151-152). Saka masayendisiti edu, ane magumo emarudzi ose mumaoko ake, anoziva zvishomanana nezve Asi, pasinei nokushomeka kweruzivo rwavo, vanofuratira maumbirwo akaita masero iwayo akaoma kunzwisisa uye vanoita kuti vanhu vadavire kuti vachishandisa maverengero avo chaiwo vanogona kuona kuti masero iwayo ndeapi uye kuti ndeapi. masero maererano nemapuroteni, mafuta, makabhohaidhiretsi, mavhitamini, mamineral, zvichingodaro.

Vanotosvika pakuzvidza huchenjeri hweinjiniya mukuru nekusatendera zvaakagadza, vobva vagadzira zvinhu zvakasiyana mumafekitari avo vobva vatipa. Rega muverengi azvisarudzire ega kuti zvavanoita zvinosekesa here kana kuti zvinosuwisa.

Humbowo hwakakura hwakaunganidzwa nemasayendisiti ekutsvagisa kuratidza kuti frugity kana zvirambidzo zvekudya zvinodzivirira, kana kudzikamisa, kuitika uye kukura kwegomarara. Munguva yeHondo Yenyika Yekutanga pasi pekugovewa kwechikafu kwakasimba panguva iyoyo muDenmark, Russia, Germany neAustria kufa kwegomarara kwaive kushoma pane mushure mekupedzwa kwekugadzwa kwehondo pakupera kwehondo. Mukuona kwaHindhede (1925) kudyisa kwakakonzera kuwedzera uku kwakatevera kwechiitiko cherufu.

Cowdry anotora mienzaniso kubva mukuedza kwakaitwa pamhuka: "Chikwereti chakapihwa Moreschi (1909) naMcCay (1947) yekuwedzera basa revaongorori vekutanga vekuBritain vachiratidza kuti kurambidzwa kudya kunodzivirira, kana kudzikamisa, kukura kwemamota mumhuka.
MaSarcomas akasimwa naMoreschi mumakonzo akatora chikamu chakaomarara kune huwandu hwechikafu chinopihwa. Mbeva pakudya kwairambidzwa kwaigara kwenguva yakareba uye kuisirwa mabundu mavari kwaive kwakaoma pane kupinda mumbeva dzakadyiswa zvizere.

"McCay nevamwe vake vakaita zvidzidzo zvinoshamisa makonzo akaderedzwa nekudzikisa simba rekudya kune iro rakakwana pakuchengetedza, asi risingakwanisi kukura. Boka rimwe rakaitwa saizvozvo

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vadiki kwemazuva anopfuura 700 uye imwe inopfuura mazuva 900 pasina kubvumidzwa kukura kusvika pakukura, zvisinei nekuti kureba kwehupenyu hwemhando iyi yemakonzo pasi pemamiriro akajairika mazuva angangoita mazana matanhatu. Kana akapiwa macalorie akakwana makonzo akanonoka anokura uye anogona kurarama mazuva anosvika 1 400 kana kupfuura—kanopfuura kaviri nduramo yadzo yenguva dzose" (p. 394-395). Zvakare, maererano naMcCay, Sperling and Barnes (1943) "kukura kwemamota rainge risina basa nemakonzo akanga anonoka kukura kusvikira abvumirwa kusvika pakukura" (p. 396). Migumisiro yakanaka zvakadini yaisazowanikwa kana makonzo iwayo akadyiswa nezvokudya zvakakanyiwa zvezvokudya mbishi chete.

Kumwe kuongorora kwakaratidza kuti zviitiko zana nemakumi mashanu emamota akagadzirwa pakati pemakonzo 198 anodyiswa nekudya "zvakajairwa", sekunge akatarisana nemamota makumi matatu nemasere chete pakati pemakonzo mazana maviri akaremara - mhuka dzakanyimwa zvishoma kunonzi kudya kwemazuva ese. kudya kunoparadzira kuuraya kusina tsitsi kwakadaro uye kunopfupisa nguva yeupenyu kakawanda?

Nhamburiko dzakaitwa panguva dzakasiyana siyana kujekesa hukama pakati pehuremu hwemuviri uye kufa kwegomarara nekutarisa huwandu hweinishuwarenzi yehupenyu. Muna 1913, komiti yakabatana yeAssociation of Life Insurance Medical Directors uye Actuarial Society of America yakabata mitemo 774,672 yakatengwa nevarume vane makore 20-62. Zvakabva zvaonekwa kuti kune varume vanotora inishuwarenzi pamakore makumi matatu kusvika makumi mana nemana uwandu hwekufa kubva kugomarara hwaive hwehuremu hwemakumi matatu nemanomwe, kune avo vane huremu huremu makumi matatu nemaviri uye huremu hwepasi makumi maviri nemana, hwakaverengerwa se100,000. Kuboka revakuru vemakore 45 zvichikwira, the

mitengo inoenderana yaive 156, 144 ne120, zvichiteerana. Maererano nezvinyorwa zveUnion Central Life Insurance Company, yakaongororwa muna 1932, zvinotevera ndezvokufa kwekenza, kubva pa25 muzana kana kupfuura kudarika, kusvika ku50 muzana pasi pehuremu: 143, 138, 121, 111, 114 uye 95, the nhamba ye111 inoreva "yakajairika" uremu. Zvichakadaro munguva pfupi yapfuura, maererano neStatistical Bulletin yeMetropolitan Life Insurance Company (1951), kufa kwevarume vakafuta kubva kuchirwere chemwoyo-renal.

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yakanga iri hafu yakawanda zvakare seyeyero uye iyo kubva kuchirwere cheshuga yaipeta nekana yechiyero. Aya ndiwo makomborero ayo murume wenhema anoisa pavanhu.

Pakati pa1900 na1950 kuwedzera kwenhamba yekufa kwehosha dzemwoyo nekenza muUnited States of America kwaive sekutevera. Mukati memakore makumi mashanu huwandu hwevanhu vanofa negomarara hwakakwira kubva pa64 kuenda pa139.6 pa100,000 vanhu, ukuwo vezvirwere zvemoyo hwakakwira kubva pa244 kuenda pa478.1. Pakazara, muna 1950 kubva pakufa kwe803.9 pahuwandu hwe100,000 kubva kune gumi zvinotungamira zvikonzero, zvirwere zvemoyo uye kenza zvakaverengera 617.7. Zvakatonyanya kukosha ndezviverengero zvichangoburwa zviripo, zvichireva gore ra 1964. Nhamba yekufa kwegomarara ikozvino yakwira kusvika ku151.3, nepo yezvirwere zvemoyo yakakwira kusvika ku508.6, ichipa nhamba yakabatanidzwa ye659.9 kubva muhuwandu hwe939.7 kubva kune vese. zvinokonzera. Iyi ndiyo migumisiro inoshamisa ye "kufambira mberi" kwemishonga; mhedzisiro inokatyamadza yekuwanda kwevanachiremba, zvipatara nemishonga; zvigadzirwa zvisingadzivisiki zve "kunatswa nekucheneswa" kwechikafu. Mumwe anogona kufungidzira mamiriro ezvinhu kana "kufambira mberi" kwazvino kuchienderera mberi kwemamwe makore makumi mashanu.

Zvinoenderana nenhamba dzepamutemo dzeUnited States of America muna 1964, 1.4 muzana chete yenhamba yerufu yakaverengerwa "Zviratidzo, huchenjeri uye mamiriro asina kutsanangurwa". Muchikamu ichi kusimba ingori fungidziro, hongu, nekuti pakati peavo vanodya chikafu chakabikwa hapana anosvika pakuchembera. Nepo mumamiriro ezvinhu akabudirira chaizvo! pasina tsaona nenjodzi, vanhu vose vaizofa vakwegura.

Pakati pemhuka dzesango munzvimbo dzakasikwa kuitika kwegomarara hakuzivikanwi. Mushure mekuisa tsoko dziri nhapwa pakudya kwakarebesa kwenguva refu, zvisinei, zvave zvichibvira kuona bundu rimwe kana maviri akafanana nekenza. "Iro boka hombe rezvipenyu iro humbowo hwekuitika kwekenza nguva nenguva haupo zvachose rinogara pasi pegungwa," anodaro Cowdry (p.

196). Izvi imhaka yokuti maoko anoparadza orudzi rwomunhu haana

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vakasvika kwavari. Kusadzivirirwa kwavo kunonyanya kushamisa tichifunga kuti nyika yavo yakakura kupfuura yedu, munzvimbo uye muhuwandu.

Sezvatakataura, panguva yekutsvagisa kwavo, masayendisiti anosangana nezvinokonzeresa gomarara, vanozviona vozvisimbisa, asi ivo vanopfuura nazvo vasina hanya zvachose, sekunge kuda kwavo chimwe chinhu. "Pfungwa yekuti zvimwe zvinhu zvekudya zvakamedzwa zvakawandisa, kana kusavapo kwavo zvinogona kukonzera gomarara mumunhu, iri kuwedzera kubva kune imwe nzvimbo.

Kuedza kuchinja kwekudya kwemhuka kunogona kuita zvese musiyano mukuvapo kana kusavapo kwegomarara" (p. 220).

Vanotoona zvakananga zvinokonzerwa nezvokudya zvepanyama. Cowdry yakanyatsojeka panyaya iyi: "Pakupedzisira chokwadi chiri kutanga kubuda kuti kune zvishoma zvinotarisirwa kukura kwebundu mune dzimwe mhuka padzinodyiswa zvokudya zvepanyama kupfuura apo dzinodyiswa zvokudya zvakacheneswa zvakanyanya. Silverstone, Solomon and Tannenbaum (1952) akacherechedza kuti mashoma ane benign hepatomas akagadzirwa mumakonzo echirume eDBA pakudya kwePurina Laboratory Chow inogadzirwa zvakanyanya nechikafu chechisikigo kupfuura mune vamwe pakudya kunosanganisira semi purified components, kunyanya, casein, cornstarch, partially hydrogenated cottonseed oil, synthetic vitamini uye a Uyezve, kudya kwakacheneswa kwakapihwa kuC3H mbeva dzechirume kwakawedzera kukura kwebenign hepatomas.Musiyano wekukura kwebundu unoenderana nemisiyano inooneka mukudyiwa kwekoriori, muhuremu hwemuviri, kana chikamu cheprotein, mafuta, mavhitamini uye zvicherwa mukudya. Vanyori vanongwarira kutaura kuti munhu haafaniri kufunga kuti mamwe marudzi emamota anopindura zvakasiyana "(p. 403-404).

"Engel naCopeland (1952) vakawana kuti kurumurwa kweAES neSprague Dawley makonzo akadyisa zvokudya zvepanyama (stock diet) akagadzira mazamu mashoma ezamu anokonzerwa necarcinogen, 2- acetylaminoflurene, pane avo vakadyiswa semipurified diet. Musiyano wacho wakanga wakakura "(p. 404).)

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Muverengi pasina mubvunzo akacherekedza rudzi rwechikafu rwavanopa kumakonzo ekuyedza: zvinhu zvakacheneswa zvakanyanya senge casein, starch, cottonseed oil, mavhitamini ekugadzira uye munyu. Musanganiswa wezvinhu izvi unonzi "normal diet" nemasayendisiti ekutsvagisa. Vanounganidza 100 muzana mbeva dzisina kenza kubva kuminda uye vanovaisa mujeri mumakeji, vanobata zvisikwa zvirombo sevana "vakapfava", vanovaberekesa pamwe chete, vachivadyisa ne "kudya kwakajairwa" uye mushure mezvizvarwa zvishoma vanovashandura kuita izvo. vanodana "pure inbred strains of mbeva" Sekureva kwavo, iwo "inbred strain of mbeva" ari mune akakosha pathologic mamiriro, ayo anosvika makumi masere muzana emamwe marudzi anotapukirwa ne "zvinongoerekana zvaitika" zve "zvisingazivikanwe zvikonzero". Vese vanodya vakabikwa vari mumhando yakafanana yepathologic mamiriro.

Iye zvino ngationei kana masayendisiti achikwanisa kudhirowa chero chinhu chinobatsira mhedziso kubva pauchapupu hunoshamisa huri pamusoro apa. Mhinduro inosuruvarisa mune zvakaipa. Chokwadi, Cowdry ari kurwadziwa zvikuru kuramba ruzivo rwakakosha, kutyira kuti chero muverengi wake angave akapusa zvekufunga kusiya imwe kana imwe yemhando dzisingaverengeki dzezvikafu nezvinwiwa, izvo zvinowanzoonekwa sezvinokodzera zvebudiriro. Izvi ndizvo zvaanotaura: "Kuchenjerera kunokosha mukuverenga mukugadzirwa kwedata rekenza yevanhu pamhuka kunyanya maererano nekudya. Munhu, kunze kwekunge ari pedyo nenzara, ndiye anodya omnivorous akajaira kudyiwa kwezvokudya zvakasiyana-siyana. dzakaunganidzwa kubva kumativi mazhinji epasi; nepo mhuka dzichigadziriswa kuti dzive dzakafanana uye dzakapfava dzemabviro enzvimbo" (p. 220). Rega muverengi azvitongere kuti munyori ari kutadza kudii.

"Zvichipihwa zvakatemerwa nhaka yegomarara mune idzi dzakavharika, dzakachengetedzwa uye dzakadzivirirwa, dzakanyatsopindirana nemakonzo, zvino magomarara anogadzirwa sei mavari?" anobvunza Cowdry (p. 350), asina kuwana mhinduro kumubvunzo.

"Kuzivikanwa kwehutano hwakasimba hwekugara nhaka mune mamwe marudzi emakonzo kunosimbisa kusaziva kwedu nezvemhando yecarcinogens iyo maseru anogona kubatwa nayo. Idzi mbeva dzinogara dzakadzivirirwa zvakanyanya mumakeji. Dzinowanzochengetwa mune air-conditioned

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makamuri uye kudya kwavo kunoramba kuripo. Haaonekwi kune chero anozivikanwa emuviri kana kemikari kana biological carcinogens" (pp. 349-350). Cowdry anovhara maziso ake nemaune kune chokwadi chekuti chaiwo emuviri, kemikari uye biological carcinogens ndiwo mamiriro chaiwo ayo iye pachake akagadzira kune iwo mbeva dzine urombo. Izvi zvinosanganisira kuvanyima nharaunda yavo yechisikigo uye kudya, kuvaparadzanisa uye kuvavharira mumakeji ari ega, pekugara, kuvapurudzira nekudzivirira, kuvaberekesa zvisirizvo, kuvachengeta vasina kuvhiringidzika mumakamuri ane air-conditioner uye kuvadyisa casein, cornstarch, cottonseed oil, synthetic mavhitaminzi uye munyu.

Kumwe kunhu, Cowdry inounza matafura maviri e data rekuyedza kuratidza shanduko mukukura kwegomarara nekuchinja mu (a) mapuroteni ekudya uye akakosha amino acids uye (b) chikafu B mavhitamini. Anobva aita tsinhiro dzinotevera: "Mavhitamini uye anokosha amino acids anogona kugadzirisa kugadzirwa kwekenza ... Kutsanangura izvi nezvimwe zvakawanikwa zvakaoma. Hazvifanirwe kufungidzirwa kuti chimwe chinhu chekudya mukushaikwa kana kuwandisa chinoshanda zvakananga pane tishu umo. the neoplastic change inoitika" (p. 401). Izvi zviri pachena kurambwa kwe data iripo. Kwakangofanana nokutaura kuti kushanda kunogutsa kana kuti kusingagutsi kwefekitari hakufaniri kufanira kuva nebatano ipi neipi netsinhirano kana kuti kusawirirana kwezvinhu zvakabikwa zvinopiwa kwairi.

“Kunenge kuri kukasika kugadzira kudya kunodzivirira kenza kumunhu pane zvakawanwa izvi, seizvo Greenstein (1947) akanyevera zvakarurama,” anonyora kudaro Cowdry uye anowedzera kuti: “Chokutanga nduramo yomunhu yakareba zvikuru kupfuura ihwohwu. Mhuka dzekuedza dzinoomerera pakudya kwekufungidzira kwakadaro kwaisazogoneka mumakore mazhinji, zvichisvika pane imwe nguva kusvika chikamu chimwe muzvina chezana, yenguva dzekunonoka mucarcinogenesis" (p. 401). Zvakadaro, “Kuramba uchiyamwisa mhuka kwenguva refu kunoderedza kuwanda kwemarudzi akawanda emamota anongoerekana avapo” (p. 429).

"Data riripo rine chekuita zvakanyanya nekuitika kwemamota uye kwete chiyero chekukura kwavo mushure mekunge vatanga. Zvishoma zviitiko mu

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uko kukura kunogadziridzwa nezvinodyiwa humbowo husina kukwana hwatingagadzikira chero matanho ekurapa mune yazvino yeruzivo rwedu" (p. 402). Zvinoita sekuti isu Cowdry haafarire kuderedza kuitika kwemamota; anofarira. chete mudambudziko rekutsvaga nzira dzekurapa dzekurapa cancer uye kwete kuburikidza nekugadziriswa kwemaitiro edu ekudya, asi kuburikidza neiyo agency yeimwe fanciful piritsi kana imwe.

Zvinofadza kuziva kuti riini uye kupi masayendisiti pakupedzisira achaziva zvikonzero chaizvo zvegomarara. Kusvikira zvino vakawana mamwe 400 "carcinogenic agents", nezvayo Cowdry anoti: "Zvichida isingasviki chikamu chimwe kubva muzana chegomarara rinotarisana nevarapi ndidzo dzinokonzera carcinogens, kana mubatanidzwa wecarcinogens, detectable" (p. 390). Kurwisana neizvi takatoona kuti kudya “kwenguva dzose” (kusiri kwomuzvarirwo) kwakasimudzira mapundu mu80 kubva pa100 mbeva dzisina kenza mune imwe nyaya uye 150 kubva pa198 mune imwe nyaya. kugoverwa kwayo kwakadzivisa zvikuru kuwanda kwegomarara pakati pemarudzi ose uye kutsiviwa kwayo nezvokudya zvomuzvarirwo zvaiita kudzivirira kukura kwegomarara zvachose. nguva yake pakuongorora kusina maturo kwezvimwe zvose zvinokonzera kenza.Asi, haasati agadzirira kuisa chikonzero chega chegomarara, kudya kusina kunaka, pakati pezvimwe zvinhu zvake zvinokonzera kenza.

Achiri kushamiswa nemaitiro emasero anokuvadza, anonyora (p. 43):

"Zvinoenda pasina kutaura kuti Aristotle, kana Darwin, kana iye vanga vainesu nhasi, vanogona kubatanidza chokwadi chese sezvatinovaziva nezvemaseru egomarara uye nekupa tsananguro yehunhu hwavo hwakashata. Zvichida mumakore anotevera izvi zvichaitwa uye tichashamisika kuti sei takaramba tiri mapofu kwenguva yakareba kudai. Panguva ino, tinomisa kufambira mberi kudzidza zvishoma pano nepapo." Asi ndinokumbira kuti nditaure kuti hapana Aristotle anodiwa pano, kana Darwin. Zvakakwana kuti Cowdry abude kunze kwenzvimbo dzerabhoritari yake uye, kukanganwa kuvapo kwayo kwechinguvana, kunangisa meso ake kuna

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nyeredzi, zuva, mwedzi, miti nemaruva, kuti zvinyure mundangariro muzvakavanzika zvazvo uye kuona kuti inguvai chaiyoiyo iyo nyika yose inotenderera. Pane musayendisiti angagona kuparadza nyika iyoyo ndokuvaka nyika yake pachake panzvimbo payo? Masayendisiti anoparadza iyo mhenyu, iyo inofamba nyika uye iripo vanhu nenyika yekuvakwa kwavo, nechingwa chavo, maamino acids, mavhitamini avo ekugadzira uye munyu wavo wekugadzira. Zvinonakidza kuziva kana mushure mekuverenga mitsara iyi, masayendisiti acharamba achiisa ruzivo rwavo pamusoro pehuchenjeri hwezvisikwa zvePasi.

Kuenderera mberi paCowdry inodononongodza zviitiko zvakawanda zvekutsakatika kwega kwega kwemamota anouraya uye pakupedzisira inopa mhedziso dzinotevera (p. 545):

"1. Mamwe magomarara madiki madiki anomboonekwa akakura nhamba muzamu, prostate uye chibereko. Zvizhinji zveizvi hazvikure, zvinoramba zvakanyarara kwemakore kana kuti zvinongoerekana zvadzokera zvachose.

"2. Kuchinja, kazhinji kwenguva pfupi, muhukuru hwekenza yakagadzirwa zvakanaka haiwanzoonekwa. Izvi zvinogona kuunzwa nekushanda kwezvinhu zvakawanda zvinokanganisa kuwanda kwemasero anokuvadza uye estroma.

"3. Kuchinja kusingatsananguriki murudzi rwemamota akaipa kunomboitika pasina chikonzero chiri pachena.

"4. Pane mienzaniso yakawanda pazvinyorwa zvekutsakatika kwe neuroblastomas muvana. Mune mamwe acho izvi zvinoenderana nekusiyaniswa kunofambira mberi kwemasero anouraya nekuda kwezvikonzero zvisingazivikanwi.

"5. Zvishoma zvakaongororwa zviitiko zvekuderera zvachose kwegomarara zvakatsanangurwa izvo zvisingagoni kuverengerwa nekurapa kwakapihwa. Sezviri pachena, mamwe marudzi emasero akashata ari muzviitiko zvisingawanzoitiki zvinodzorwa nemaitiro emuviri. "

Chii chingave chiri chikonzero chekudzoreredza kwechikafu kwemamota, kana isiri imwe shanduko uye isingaonekwe shanduko mukudya kwemurwere? Panogona kuva nenzira imwe chete yevanobudirira

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kurapwa kenza. Bundu racho rinofanirwa kutanga ranyimwa chikafu chakasakara, uye rinofanirwa kufa nenzara uye kuurayiwa nekuderedza kudyiwa kwezvinovaka muviri kusvika padiki. Kana zvichidikanwa, masero akajairwa, zvakare, anogona kuchengetwa ari munzvimbo yehafu-nzara kweimwe nguva yenguva. Mushure mekunyangarika kwebundu vanogona kudzoserwa kusimba ravo rekare zvakare.

Basa uye Mutengo Wekugadzira Zvokudya Zvakabikwa Zviri Hapana asi Sheer Waste

Sezvatatoona, murume chaiye anorarama nekudya mbishi chete. Zvikafu zvese zvakabikwa nezvinwiwa zvinodyiwa munyika zvakarasika zvisina chinangwa. Mari yakashandiswa pavari inopera pasina. Pakutanga kuona chirevo ichi chinogona kuona chisingadaviriki, asi ichokwadi chakapfava, umbowo hwandakawana neruzivo rwangu pachangu.

Pakutanga, takafunga kuti tinofanira kuwedzera kudya zvokudya zvisina kubikwa muchikamu chimwe chetecho sezvataideredza kudyiwa kwezvokudya zvakabikwa, asi takakurumidza kuona kuti takanga takanganisa. Kunyangwe munguva yekutanga pakanga paine kudiwa kukuru kwezvikafu zvechisikigo kuitira kudzoreredza kurasikirwa kwairamba kuchiitwa nemuviri uye kuvakazve nhengo nekudzisimbisa nemasero matsva emasero anoshanda, gare gare pakuda kwakadzikira.

Takashamiswawo nechitsama chiduku chezvokudya chaidyiwa nemwanasikana wedu Anahit. Amai vake, nekutya kwavo kushaya zvokudya zvinovaka muviri, vaiwanzomumanikidza kuti adye zvakawanda, asi mwana wacho akaramba achingoramba. Zvishoma nezvishoma, zvakava pachena kwandiri kuti michero uye zviyo zviri munzvimbo yakasvibira zvakanyanya kunyura zvinovaka muviri zvemhando yepamusoro uye, nekudaro, hushoma hwazvo hunogutsa zvizere zvinodikanwa zvemuviri wedu. Ndicho chikonzero nei mwana anodya mbishi asingambofaniri kumanikidzwa kudya zvakawanda kupfuura zvaanoda. Haisi ngano patinonzwa nezvemunhu achirarama kwemwedzi yakawanda pazuva kana kuti w Vanodya-vakabikwa vanogona kuzvidzora pazvikafu zvakabikwa zvakabikwa, nokuti hazvina chikafu mupfungwa izere yezwi.

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Mhuka dzinodya zvinodyara zvinodya huswa hwakawanda, nekuti uswa hwakakura hune roughage; chikafu chaicho chiri mairi chiri munzvimbo yakapararira uye muhuwandu hushoma.

Mhuka idzodzo dzinodurura roughage muura hwadzo kakawanda pazuva, nepo anodya mbishi anonzwa kuda kufamba kamwe chete pazuva. Kuwedzeresa flatulence, kuvapo kwezvisaririra zvisina kugezwa zvemichero mutsvina uye kuda kuenda kune stool kanopfuura kamwe chete pazuva zviratidzo zvekunyanya kudya, izvo izvo munhu ane mwero anodya mbishi anofanira kuzvidzivirira. Huwandu hwemichero yandinowanzo dya haina kupfuura iyo inopedzwa chero akabikwa-anodya anofarira muchero. Kune izvi ini ndinowedzera ndiro yezviyo saladhi pazuva, iyo inoshanda kuvhara gaka rekudya rinowanikwa kune vose vakabikwa-vanodya, nekuda kwekusakwana kwezvokudya zvepanyama. Mumubhadharo wakapfava uyu hapana nzvimbo, hongu, yezvese chikafu chakasakara chandaimbotora.

Chii chingave mufananidzo kana nyika yese ikaerekana yapengenuka yotora mitemo yechisikigo yezvokudya zvinovaka muviri? Kunyange kana kugadzirwa kwemichero kwakaramba kuri pamwero wayo wazvino, pashure pokubvumira munhu mumwe nomumwe ndiro yemuriwo kana kuti saradhi yechibage pazuva uye nokudaro achigutsa zvinodikanwa zvezvokudya zvenyika yose zvakazara, kwaizosara sechitsama chisingadikanwi chezvokudya zvemhuka zvose, shuga, tei, kofi, kocoa, doro uye zvinwiwa zvisina doro, fodya, margarine, pamwe chete nechikamu chikuru chezviyo uye zviyo zvinodyiwa nhasi.

Ngationei zvino chinoitika, shure kwezvose, kune ichi chikafu chakasakara iyo iri kupedzwa munyika panguva ino. Chaizvoizvo, inoraswa munzira nhatu.

1.Nekuda kwekushaikwa mukuzadzisa masero akasarudzika, the murume chaiye anosungirwa kushivirira kuvapo kweimwe nhamba yemasero eparasitic akaumbwa kubva kune yakabikwa chikafu, kuitira kuchengetedza hushoma huwandu hwenhengo dzake uye masisitimu.

2.An enormous quantity of degenerated food inopedzwa nemurume wenhema.

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3.Zvisinei nekuti munhu wacho ane muviri mumwe chete here kana kuti ari musanganiswa wemiviri miviri (sezvinoratidzwa nekutetepa kwake kana kuomarara), chikamu chisina kukwana chekudya, chinounzwa mumuviri nenzira yekupindwa muropa uye. iro rinopfuura simba rekusanganisa remasero, rinongopisa uye rinosiya muviri kuburikidza nematanho akasiyana. Huwandu hwechikafu hwakaraswa hunosanganisira chikamu chikuru chekudyiwa kwechikafu.

Chinhu chinonyanya kusiririsa pamubvunzo inyaya yekuti masero ehunyanzvi anoshandisa simba rakawanda raanowana kubva kune zvinovaka muviri kuti aparadze chikafu chemurume wenhema, kuti zvipinde muropa, kuve nechokwadi chekushanda kwakanaka. yenhengo dzinobudisa tsvina uye kudzinga kunze kwemuviri zvinokuvadza zvinokonzerwa nezvokudya zvakabikwa. Semuenzaniso, mushure mekushanda zvisingaite zuva rose, masero anoshanda ane kodzero yekuzorora zvishoma; pachinzvimbo, ivo vanosungirwa kukanda pamubhedha kusvika kunze kwezuva kuitira kuti vadzinge kubva kune chipenyu mamwe macalorie anounzwa mumuviri nemurume wenhema nemakaro.

Kare, ndaipindwa muropa nemakaro uye nyama kusvika pamwero unoshamisa. Somugumisiro, ndakanga ndatambura nekushaya hope kwoupenyu hwangu hwose. Handiyeuki ndakamborara pakati pehusiku pasati pasvika kana kuti ndakambomuka mangwanani-ngwanani kuti ndione kubuda kwezuva. Ndaiwanzoramba ndakamuka kusvika na3 kana kuti 4 kiroko mangwanani ndomuka na8 kana kuti 9 musoro uchirema. Sezvineiwo, mushure mekudya mbishi-kudya kusarara kwangu kwakanyangarika zvachose, asi kana ndikamboedza kudya chisvusvuro chikuru manheru, ndinosungirwa kugara ndakamuka kusvika kwaedza. Kubva paaiva nemakore maviri, Anahit haana kumbomuka usiku.

Mavhithamini nemunyu zvinowanikwa muzvokudya zvakabikwa ndezvenhema, zvakafa, hazvina kuenzana uye zvinokuvadza. Zvokudya zvakabikwa hazvisi chinhu kunze kwezvivakiso zvakaputsika uye mafuta asina kunaka; Masero asingabatsiri akaumbwa kubva muzvigadzirwa zvekuvaka zvakadaro mutoro usingadiwi pamasero akajairika. Kupisa kunowanikwa kubva kumafuta akadaro kwakanyanyisa uye kunokuvadza, asi simba rinogadzirwa kubva mairi (chinangwa simba) harina kusimba uye harina maturo. Iri simba rinoisa mukufambisa injini dzefekitari pasina maawa ekushanda; kunomanikidza mwoyo kushanda pamwero wakapetwa k

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inovhiringidza zvakasara izvo miitiro inokosha yefekitari yose inoda zvikuru, inozvinetesa panzvimbo pacho uye kuapedza pasina. Kusarara mumwe muenzaniso wemigumisiro yakwo inokuvadza.

Chii chinoitika kana vanachiremba vasina mazano vakagadzira nzira dzokuderedza kufutisa? Vanoronga kurambidzwa kwese mukudya kwezuva nezuva kwekudya, semugumisiro wekuti mazita avo ezvokudya zvinorambidzwa anosanganisira zvinhu zvakakosha uye zvinovaka muviri zvezvokudya zvakadai semarnuts, almonds, mazambiringa akaomeswa, misi, maonde, mabhanana. Nemamwe mashoko, vanoderedza uremu hwomunhu ari kurapwa pamutengo wokuwonda uye kumunetesa zvakanyanya, uye nokudaro kukuvadza zvakakomba utano hwake. Mumamiriro ezvinhu akadaro, nekudzikiswa kwekudya kwakareruka, murume wenhema anorasikirwa nemafuta akawandisa, nepo nekuganhurirwa kwechikafu chechisikigo masero emazuva ese anonyimwa zvimwe zvinovaka muviri zvakakosha. Zvinotevera, ipapoka, kuti murume wenhema anoramba akasimba panzvimbo yake, nepo murume chaiyeiye ari kuonda zvikuru.

Isu tinosangana nemuenzaniso unosekesa kwazvo wemhedzisiro yekurambidzwa kudya panguva yekudzidza kenza. Mukukurukura mubvunzo uyu Cowdry anoti: "Zviri pachena kuti kuderedzwa kwekenza yemazamu, inounzwa nemiganhu yezvokudya, yakabatana nekuderera kwekuita kweovarian mumakonzo" (op. cit. p. 398). Chii chimwe chatinoda? Chikonzero chegomarara rezamu chawanwa nokudaro. Ikozvino yasara kuti vanachiremba vamise kumisa zvachose kuita ovarian muvakadzi kuitira kuti vaponeswe zvachose kubva kugomarara remammary glands.

Asi chokwadi kune tsananguro yakapfava yezvinoitika chaizvo. Iyo KUFUNGA KUSVIKA kweiyo calorie yekudya kune maviri anopesana mhedzisiro pane chipenyu. Kune rimwe divi, kudziviswa kudyiwa kwechikafu chakasakara kunotadzisa kuumbwa kwegomarara, nepo, kune rumwe rutivi, kuderedzwa kwekudya kwechikafu chikafu kunovhiringidza basa rakajairwa remaovari.

Sayenzi yezvokurapa yakazara nokupokanidzana kunosemesa kwakadaro. Apo a chimwe chirwere chinokwevera kune icho pachacho mafambiro anokuvadza ezvokudya zvisiri zvechisikigo, muviri wemurwere unowana kusadzivirirwa kubva kune chimwe chirwere. Semuenzaniso, vanhu vane chirwere cheshuga,

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arteriosclerosis uye zvimwe zvirwere zvinotapukira hazvisi pasi pegomarara.
Kuedza kupenga kwakatoitwa kuti vanhu vafukidzwe neutachiona hwakasiyana-siyana hwekufungidzirwa kudzivirira gomarara.
Chinhu chimwe chetecho chinoitika padiki pakubaiwa majekiseni, apo vana vanodzivirirwa pakurwiswa kwakakomba gare gare. Nguva iyo varume vanosarudza kuchengetedza hutano hwevana vavo nemitemo yechisikigo, matanho asiri echisikigo akadaro anozova asina basa, vana vasina mhosva vachasunungurwa kubva kumajekiseni ane njodzi uye vaccination ichapfuura munhoroondo.

Miedzo inoratidza kuti kana murume wenhema adaidzwa kuvapo, zvirambidzo zvezvokudya zvishoma hazvikwanisi kutarisa kukura kwayo. Kunyange kuderera kwe10-15 muzana muzvokudya zvakakwana kuti zvirambe zvichirarama. Murume ane njere anofanira kungwarira kupa chikara chiya nesadza rimwe chete rekudya. Ndakanyatsobvisa majoini etsoka dzangu kubva kune ese gouty concretions, asi kana chero nguva ndikawana mukana wekudya nyama, maawa mashoma gare gare sando inorova inondizivisa kuti uric acid yakapinda mumajoini ezvigunwe zvangu zvikuru. Ndaiwanzoita zviedzo izvi mumakore ekutanga ezvidzidzo zvangu pakudya mbishi.
Zviripachena, nzvimbo dzakacheneswa uric acid dzichiri dzisina uye nzira dzinotungamira kwadzo dzakavhurika. Pakangopinzwa chidimbu chenyama mumuviri, chinoshandurwa kuita uric acid, iyo inobva yakurumidza kutora nzvimbo yayo yakatarwa.

Masero emurume wenhema haadzokeri nyore, kana. Vanonyepa Pakuvandira, ndava kuda kufa, asi ane tariro. Nokukurumidza chimedu chezvokudya zvisina kusimba chinosvika kwavari vanobva vatanga kumutsidzira nokuwanda. Kudzora kwehuremu hwemuviri kunofanirwa kupihwa zvachose kune zvakasikwa zvekudya. Munhu anoratidza kuti kuonda zvakanyanya hakuna kunaka kuhutano hwako, arikukurudzira kuti urere uye udyise makirogiramu akawanda emasero anorwara uye eparasitic kuitira kuchengetedza kuzara kwemuviri wako. Panguva imwe chete nekuuraya murume wenhema, kudya kwechisikigo kuchaita, zvishoma nezvishoma asi chokwadi, kuwedzera huremu hwemurume chaiye kusvika kune yakajairika chiyero chinodiwa nemasikirwo.

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Mushure mokubvisa mizhinji yenyama isingabatsiri, murume akanga amboremedza muviri wake ne40-50 kilos yemasero ane hosha uye aisakwanisa kukwira nhanho imwe asina kutsigirwa nerutsigiro zvino achakwanisa kumhanya kumakomo asina kupinduka bvudzi. Munhu akadaro haatongofaniri kunetseka pamusoro pokurasikirwa kwake nokukurumidza uremu; pane kudaro, anofanira kufara nazvo. Munhu anonzwisisa haafaniri kushivirira tsanga imwe yenyama isina maturo pamuviri wake. Muchidimbu, munhu wose anofanira kuziva pakupedzisira kuti nokupinzwa kwechimedu chimwe nechimwe chezvokudya zvakabikwa mumuviri wake anodyisa murume wenhema, muvengi wake asingazvidembi, muurayi wake asina tsitsi; anotsigira zvirwere zvose zvinozivikanwa uye zvisingazivikanwi; anozvigadzirira nzira yoru

Mukuona kweanodya akabikwa munhu anofanira kudya zvakanaka kuitira kuchengetedza hutano hwakanaka. Mukuona kwake dumbu risina chinhu rinoreva muviri une nzara. Haazive kuti murume akaguta dumbu chairo munhu anorwara. Dumbu rake rinowana zvakaoma kudzinga chikafu chisiri chemusikirwo nenguva yakafanira. Ukuwo, dumbu reanodya mbishi harina chinhu kana kuti, rakareruka zvokuti haanzwi kuvapo kwechinhu chiripo. Anonzwa kuzara ura hwake, nekuti ndipo panoendeswa chikafu chaadya. Kunyange zvokudya zvakawandisa hazvirambi mudumbu make kwenguva refu; inokurumidza kupinda mumatumbo uye, yakanyungudutswa kana kuti isina kuvharwa, inosiya muviri pasina kukonzera kukuvadza kuduku kune chipenyu.

Naizvozvo, hapana magasi anombogadzirwa mudumbu re mudyi. Kana chikafu chakawandisa chikapedzwa, magasi anogona kugadzirwa mumatumbo, asi anorerekera kusiya muviri nenzira yakajairika. Anodya mbishi anoona mutsauko pakati pezvirongwa zviviri zvezvokudya zvinovaka muviri zvakanyanya zvakajeka paanoedza kuva nekudya kwakanaka kwemanheru mushure memwedzi mishoma yekurega. Ipapo ndipo paanoshamisika kuti angadai akararama sei achirwara uye anosiririsa kudaro uye akaona mararamiro iwayo anonyangadza senguva dzose.

Mushonga weAkabikwa-Adya ndewe Zvakakwana Errorous Science

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Sezvatakaona, zvirwere zvinounzwa nokuparara kwezvinhu zvinokosha zvefekitari yevanhu. Nokudaro, hutano hunogona kudzorerwa chete kana kutendeseka kwezvinhu izvozvo kwakadzorerwa. Asi chii chiri hwaro hwebasa rose resayenzi yezvokurapa yazvino uno? Chii chaizvo icho vanachiremba vanoita? Vanoedza zvisina maturo kudzorera kuvimbika ikoko nezvokudya zvakasakara, mavhitamini akagadzirwa, munyu, mahormone nemisanganiswa ine chepfu yakawanda, uye panguva imwe cheteyo vanobvisa nokurasa magland akazara nenhengo dzinenge dzakuvadzwa zvisingagadzirisiki uye dzisingachagoni kushanda. mhedzisiro yekuparara kwezvinhu zvakasikwa.

Vanhu vose vanorarama mukusaziva kunotyisa. Mukuona kwe vanodya zvakabikwa, kudyiwa kwezvinhu zvakabikwa chinhu chakasikwa, asi kudya nemirairo yezvakasikwa kuedza, uye kuedza kune ngozi pane izvozvo. Muchokwadi, varume vakaparadza nekusaziva PERFECT BALANCE yakagadzirwa nemasikirwo, uye kwezviuru zvemakore vanga vachigadzira ZVIYEDZO ZVASINA ZVINHU nezvokudya zvakabikwa, kugadzirira kwekugadzira uye zvinhu zvine chepfu kuti vawane chiyero chitsva, chiyero chavo pachavo. Migumisiro yokukurumidza yokuedza ikoko ndiyo hosha dzakawanda dzakatekeshera munyika nhasi.

Pandinokoka vanhu kuti vatore chikafu chisina kubikwa, handikurudzire chiedzo chitsva. Pane zvinopesana, ndinovakurudzira KUTI ZVINHU ZVINHU ZVAKAWANDA ZVIYEDZO ZVIRI KUGARA ZVICHIBUDZWA UYE KUDZOKERA KUZVINHU ZVOKUPENDA.

Naizvozvo, chero asina kushaya njere, muverengi haafanire kumirira kuti vamwe vaite "kuyedza kutsva" uye kumuzivisa nezvemhedzisiro. Anofanira kubva angomira kuedza kwake kune ngozi otendeukira kumararamiro akajairika.

Zvigadzirwa zvekupedzisira zvezviyedzo zvese izvozvo, hunyanzvi hwe marabhoritari ekutsvagisa kwevanhu, ndiwo mapiritsi nehupfu izvo masayendisiti anoshuvira kudyisa nyika, nepo hunyanzvi hwerabhoritari yezvisikwa gorosi, walnut neapuro. Tose tinofanira kuita sarudzo pakati pezviviri izvi. Zvokudya zvose zvakabikwa zvinhu zvakagadzirwa

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kunyimwa hunhu hwavo hwepanyama. Vane kukosha kwekudya kunovaka muviri sekushambadzirwa kwevhitamini mahwendefa uye zvinotorwa zvekudya.

Kune marudzi mazhinji ezvisikwa zvipenyu, havana vanachiremba, kana zvipatara kana zvitoro zvemishonga, zvakadaro, kunze kweavo vari pasi pekutarisirwa nevanhu, vanorarama vasingakundwe nehurwere uye vanopedza nguva yavo yehupenyu inoenderana nenyama yavo. bumbiro remitemo, rinosiyana kubva pamazuva mashoma kusvika kumazana emakore. Nemhaka yechimiro chakakwana chomuviri wake, munhu anofanira kufarikanya upenyu hwakareba uye hune utano kupfuura chimwe chisikwa chipi nechipi pasi pano. Kunyange kana pasina kudya mbishi kwakakwana, pane zviitiko pazvinyorwa zvevarume vachikwanisa kusvika zera remakore 150-180, nekungorarama mumamiriro ezvinhu apo kuparara kwakanyanya kwezvokudya kunodziviswa. Chokwadi chekuti vanhu vazhinji vanorarama zvishoma chinoratidza pachena kuti pane chakaipa nemararamiro adzo Mhuka dzinodya zvakanyanya mashizha akasvibira uye madzinde emiti. Rudzi rwomunhu rune, pakushandisa kwarwo, zvinovaka muviri zvinovaka muviri zvikurusa zvemhando yepamusoro-soro izvo, zvapfuura nomumashizha namashanga, hunde namapazu ezvinomera izvozvo, zvakaungana mumhodzi dzazvo nemichero.

Yasvika nguva yekuti vanoongorora zvipenyu vabvume kuti vakatsauka kubva munzira chaiyo uye vari kuita ongororo yavo munzvimbo dzisiridzo. Vanofanira kureurura, uyezve, kuti hazvibviri kubhadhara kurasikirwa muzvikamu zvemuviri zvinovaka muviri nekugadzirira kwekugadzira; kuti chepfu haina simba rekudzorera kuparara kwenhengo dzakasiyana-siyana; kuti nhengo dzedu nemagland zvikamu zvisingapatsanuriki zvemuviri wedu uye saka hazvifanirwe kuchekwa kana kubviswa. Nhasi, ndiri kuvaratidza nzira yakapusa uye iri nyore yekusunungura muviri wemunhu kubva kuzvirwere zvese zvine mutsindo uye nekupedzisa. NDIKO KUPARADZWA KWEZVIRWERE NEZVISANGANISIRI ZVEMASERO EMVIRI, NOKUKGURA KUPIWA KWEKUDYA KUSIYEMASIKWA, UYE KUSINWA KWAVO NEMASERO ANE Utano UYE AKASIYANA ANOBUDZWA KUBVA ZVINODZO ZVISAKA. Kuti ndinyatsogutsikana nehuchokwadi hwenharo dzangu, vanongoda mwedzi mishoma yekushanda.

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Chii chinofanira kuva chinangwa chevanachiremba uye biologist, kana kusiri kusunungura dzevanhu kubva kuhosha? Kudya mbishi ndiyo nzira yekuzadzisa chinangwa ichocho.

Vanofanira kuzivisa pakarepo kana vachida, chokwadi, vachida kuona a nyika isina zvirwere. Kana vakakwanisa kuratidza kuti maverengero avo akarurama kupfuura maverengero akaitwa nemasikirwo akaitwa, uye kuti vanodya mbishi pasirese vanokurirwa nezvirwere pachinzvimbo chekuti vaporese hutano hwavo, ini ndichabva ndabuda munhandare pamwe chete nemabhuku angu uye ipapo nyararai henyu. Zvikasadaro, zvamazvirokwazvo havagoni kumanikidzira rudzi rwomunhu kushivirira hosha nokuda bedzi kuchengeta mikova yezvipatara nemishonga yakazaruka.

Vanofanira kuzviyananisa pachavo nepfungwa yekuti kubva zvino kugadzirwa kwechikafu chakabikwa uye kurudziro yazvo zvichaonekwa semhosva dzinoitirwa vanhu pazere, uye "kurapa" kuburikidza nehupfu sehuroyi hwezera rakabikwa. Vanachiremba vakachenjera uye vane hunhu vaingomisa kurudziro idzodzo vokoka vanhu kuti vazviise pasi pechisungo chechisikigo. Maoko achiremba ane hana yakasara mumwoyo make anofanira kudedera paanonyora mazita ezvinhu zvine chepfu nemavhitamini akagadzirwa, uye miromo yake inofanira kudedera pakududza mazita ezvokudya zvakabikwa. Kuvhiya kwavo kwakangofanana nokupa mutongo werufu pavanhu vasina mhosva. Izvi ngazvionekwe nevabereki vose zvakare.

Pamwe vamwe vevaverengi vangu vangasafarira matauriro angu ekunyora. In maonero avo, matauriro angu anofanirwa kunge ari esainzi (akashongedzwa neshoko rechiLatin risinganzwisisike nevanhu vazhinji), anoyananisa (anonyunyuta), akakomba (anonyengedza), anowedzera kubvumirana (asina kutendeseka), ane ruremekedzo (kureva nhema) uye ane njere (anokunda.) Asi ini ndinosarudza kuve ndinosarudza, ndakatendeseka uye ndakashinga. Uye ndizvo zvandichaita, kunyange ndikawana nyika yose ichindipikisa. Ndine chivimbo chekuti ndichatsigirwa nevanhu vese vakangwara uye ndicharevererwa nezvizvarwa zvinotevera.

Kana ini ndichifunga kurudziro yehuku soup, iyo yolk ye zai, chiropa chakakangwa kana muchero wakabikwa kune vasina simba, uye kunyanya kuvana vadiki, chiito chemhosva, handisi kupomera mhosva. Kana

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ndinotadzira chokwadi here kana ndichiona seuroyi kuvhiyiwa kwese uko, panzvimbo pokuchenesa tsinga dzeropa dzemurwere akamira pachikumbaridzo cherufu nerubatsiro rwekudya kwepanyama, kusimbisa tsandanyama dzemoyo wake uye kupa iye hutsva hutsva hwehupenyu hurefu, vanowedzera midziyo yake nehutu hunovhiringidza, vanokurudzira mabasa emwoyo ne "mashanga eshamhu", kuderedza kuwanda kweropa neropa-kurega kana kuderera uye kuideredza nenzira dzekugadzira. Bircher-Benner uye mamwe masayendisiti akawanda ane hunyanzvi zvakare, vakatarisa mashandiro akadai sehuroyi, hunyengeri uye huroyi.

Chokwadi handina mhosva yekusazvibata kana, ndichivimba nezvangu Ini zvangu, nzira shoma, ndinoita ongororo dzakadzama uyezve, pamusoro pezvandakawana, ndinozivisa kuti cytologists vane mhosva yekupenga pavanotanga kupisa zviuru zvezvinovaka muviri mukudya kwechisikigo uye kuisa maseru mukuderera zvakanyanya, uyezve kurasika. mamirioni emari yeruzhinji pasina kuyedza kudzoka kumasero ESE AKARASIKA MATINJI NAMABASA nekuwanikwa kweIMWE CHETE ARTIFICIAL SUBSTANCE.

Ngatitorei semuenzaniso, chiremba uyo wandakanga ndachengeta vana vangu vaviri vanoyemurika. Chekutanga, nekunyepedzera kuvabatsira kugaya uye kuchengetedza simba ravo, akavarambidza michero mbishi uye akakurudzira macompote uye "kudya kunovaka muviri" panzvimbo. Gare gare maererano nekudhakwa kweauto uye hutachiona hweauto hunobva kune izvo kurudziro semarariya, akaraira madosi anotyisa equinine uye, zvakadaro gare gare, kuburikidza nekuongororwa kusingaverengeki uye kuyedza, kuomarara kwe "kudya" uye kuwanda kwemishonga yakasiyana siyana uye. maantibioti emazuva ano akanyima vana vekupedzisira matura esimba. Chiremba akadaro zvamazvirokwazvo akanga ane mhaka yeMHOSVA INONYANYA KUNONYANYA, kunyange zvazvo akaita chinhu chiri chose asingazivi. Zvino, kuti arege kudzokorora mhosva imwe cheteyo kune vamwe vana, tinofanira kuunza mhosva yake kumba kwaari tomuita kuti aone kuti ane mhosva yakaipisisa. Kana mishonga iyoyo

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vana vangu vakatora mumakore 14 vakashandiswa zvachose, uto rose raizoparadzwa zvachose.

Nzvimbo yacho yakanyanya kufanana nhasi. Munguva ino yesainzi kufambira mberi, ndichiri kuona vana vazhinji vasina simba, vasina simba vanaamai vavo vanotendeukira kurudzi rwese rwekurudziro uye kutyisidzira kuvamanikidza kudya mupunga, nyama, mazai, chingwa, uchi, bota nemakeke, nepo panguva imwe chete vachivarambidza zvakasimba magaka uye mabhanana ekuti "kusadyiwa", cherries nemazambiringa "kukonzera manyoka", uye mulberries nemavise e "kukonzera kupisa". Ndingashivirira sei nokusakendenga iyi mamiriro ezvinhu anosiririsa?

Wese munhu anoziva kuomarara kwechimiro chemuviri wemunhu. Tsanga yechibage ine chimiro chakaoma chakafanana.
Kana tichiita kuti ibure, inova muviri unoshanda uye unobudirira unorarama uye uchifema somunhu, kunze kwokuti haugoni kutaura nokufamba.
Zviuru zvezvinhu zvakakosha pakushanda nguva dzose kwezvose zvakakura uye zvidiki zvikamu zvemuviri wedu zvinounganidzwa mazviri muhuwandu hwazvo hunodiwa uye nekuverenga chaiko. Apo patinoshandura gorosi mhenyu muchingwa, tinoparadza zvinhu zvose zviri mairi kunze kwedota rayo: starch yakafa uye shuga. Kufungidzira madota iwayo kuva chikafu chaicho, tsime kureva amai vanopa kumwana wavo, asi vanotya kumupa gorosi mhenyu.

Saizvozvowo, zvikafu zvose zvakabikwa munyika, izvo vanhu vashoma-vanoona vanoona sekudya kwakanaka, hazvisi chinhu kunze kwemotley mirwi yemadota anonhuhwirira uye ane nguva yakawanda. Mavhitamini nemaslats akawanikwa mavari nenyanzvi dzezvinhu zvipenyu hazvisi zvechisikigo, zvinhu zvisina hupenyu.

Pakangobikwa sero yemuriwo mhenyu, inomira kuva chikafu; inobuda mumugariro wayo womuzvarirwo uye inoshanduka kuva chimwe chinhu chakagadzirwa. Apo amai vanopa mwana wavo mucheche chingwa chake chokutanga, mukaka wakaomeswa kana zvimwe zvinhu zvakabikwa, vanovamba kushandisa zvinhu zvokugadzira izvozvo kuita kuedza kwoutsinye uye kwoutsinye zvikuru pamwana wavo.

Chikanganiso chikuru chesayenzi yezvokurapa chiri mukusaona kwenguva pfupi kunosemesa. Kunyangwe akadaro ane mukurumbira cytologist sekufunga kwaCowdry

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chikafu chinorarama uye chakakwana segorosi, mhodzi uye michero kuti zvive "zvine yunifomu uye zvakapusa zvekudya zvekwakabva". Kusiyana neizvi, anoona mirwi yemadota ane mavara anodyiwa nevarume “sezvokudya zvakasiyana-siyana zvakaunganidzwa kubva kumativi mazhinji enyika” (op. cit. p. 220), uye anotarisira kuti Aristotle auye kuzomuratidza musiyano chaiwo pakati pezviviri izvi.

Ndichiri kupikisa zvakasimba hurongwa hwemazuva ano hwekurapa, ndinoita usavenga ani zvake. Ini ndinongonzwisa tsitsi dzakadzama kune vese varume nevakadzi pasina kusarudzika, nekuti vanga vachipara mhosva idzi kuvanhu vavo, hukama hwavo uye nevanhu vasingazive uye vasingafungire. Asi avo vanorambira mukukanganisa kwavo mushure mekuverenga mitsara iyi vacharangwa nemunhu wese akangwara.

Nguva yasvika zvino yekuti biologists vanofanira kusarudza imwe ye nzira mbiri dzakavavhurira. Pamwe ivo vanofanira kubvuma kusakundika kwehuchenjeri hwechisikigo uye kusunungura vanhu kubva mukutambudzika kwavo kwese kamwechete kana, vachiregeredza mitemo yezvakasikwa uye vachivimba chete nekutonga kwavo, ivo vanofanirwa kuona chingwa chichena sechakakwirira kune gorosi mhenyu, vachiona chakagadzirwa kuve. zviri nani pane zvechisikigo, uye rambai mukuedza kwavo kunokuvadza sepakutanga. Chii chichava muuyo ipapo? Ngatimbotii mamiriro ezvinhu aripo iye zvino akapfuurira kwezvimwe zvizvarwa zvishomanana, mukati menguva iyo uwandu hwezvinodhaka hwawedzera zvakapetwa kaviri; nhamba yevhitamini yekugadzira yakawedzera zvakapetwa kana, imba yega yega yakashandurwa kuita chipatara uye munhu wese akava chiremba. Chii chatinofanira kuwana kubva pane zvese izvi, apo vanachiremba pachavo vanokundwa nezvirwere kakawanda kupfuura chero rimwe boka revanhu uye vachifa pamberi pe

Basa rose rekutsausa nyika riri pamusoro pe vanotungamira nyanzvi: vanotsvagisa biologist uye mapurofesa ekurapa. Vanachirembawo zvavo havafaniri kupiwa mhosva, nokuti vanongoshandisa zvavakadzidziswa nevadzidzisi vavo. Hapana injiniya anomboronzeswa kutarisira fekitari asati aziva udzame hwose hwokushanda kwayo. Chokwadi hazvibviri kuzadza boka revanhu nezvimwe zvimedu zvekutanga zve

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ruzivo, fungidziro dzekufungidzira, fungidziro dzekufungidzira uye dzidziso dzinopokana, uye ipapo vanovapa rusununguko rwakakwana rwekutamba nehupenyu hwevamwe vavo kuburikidza nezviuru zvechepfu, zviridzwa zvinorwadzisa uye nemirairo isingafadzi, uye zvese izvi pasina chero chipi nechipi kana chipingamupinyi. Ngatimbotii kwechinguvana kuti mabhuku ese ezvokurapa nemaensaikoropidhiya ari munyika akarurama. Zvadaro; kuti adzizive nomusoro chiremba angada hupenyu hune gumi nembiri uye kunyangwe ipapo aisazokwanisa kunzwisisa chikamu chechuru chemaitiro asingaverengeki anoshanda mumunhu.

Kana murwere ane chirwere chisingaperi aifanira kubvunza vanachiremba zana, aizowana zana remishonga yakasiyana-siyana uye mazano. Kuvana chiremba vanongoita zviedzo uye zviedzo zvine mhosva pane izvozvo. Sezvo Avo zvino vanoramba nzeve kune idzi zvokwadi dzinooneka, havazokwanisi kubvisa mutoro pamapfudzi avo mangwana. Vana vemazuva ano pavanokura nenguva uye vozviwana vava neutano husina kunaka uye vanyura mukupindwa muropa, vachada kuti vazvidavirire vose vanodzidza nezvezvinhu zvipenyu, vatungamiriri venyika nevabereki vavo vamene, uye vachada kuziva kuti ndeapi nhanho dzavakatora pavakatanga. verenga yambiro idzi. Vakanga vachiri kufunga kuti huchenjeri hwavo hwakakura kupfuura zvisikwa?

Kana vasingafungi kudaro, vanofanira kumisa pakarepo kuparadzwa kwezvokudya zvechisikigo. Uyu ndiwo murairo wakasimba weZvisikwa, izvo zvisingabvume chero kukanganisa. Ndiwo mutemo wepasi rose.

Asi nhasi, vanhu vanorarama pasi pesimba rakazara remadhimoni akashandura pasi rino kuita gehena. Madhimoni iwawo, akapfeka zvifukidzo zvevasikana vakanaka, akagara pamatafura echirairo nemundiro dzevanhu; vakazvambarara pachiso chake nepachirebvu chake, pamaoko ake nemakumbo ake, pamutsipa wake nepamapfudzi ake, uye vari munzvimbo dzavo dzepamusoro vanoseka nokuseka pfungwa dzake. Vakapinda mukati memuviri wake uye vakazvigadzika mumwoyo make uye mumweya make.

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Murume “akabudirira” wanhasi anoseka kunamatwa kwezvidhori kwomunguva dzakapfuura, asi haazivi kuti munamati wezvidhori akaipa zvikuru kupfuura vanamati vezvidhori vomunguva yakapfuura. Kare vanhu vaimisa mifananidzo yemhuka dzakasiyana-siyana vodzinamata; nhasi vanouraya mhuka idzodzo vachinamata zvitunha zvavo zvakaora.

Murume “akabudirira” wanhasi haakwanisi kufananidzira utsinye huri mairi nyika yose inogara panguva ino. Mudzimai “akapfava” uye “ane mwoyo munyoro”, anofenda chaizvoizvo achiona madonhwe mashomanene eropa pachiso chomwana, anoisa mwoyo une ropa patafura, chiropa kana kuti zamu regwayana ndokuricheka kuita zvidimbu zvidimbu. kusava nehanya kwese, pasina kufungisisa kwechinguvana kuti awa imwe chete pamberi pechisikwa chevarombo chakanga chakazara nehupenyu uye simba. Dai akaona kubva paudiki hwake kuuraiwa kwekacheche pamwe nehuku kana gwayana, aitotora banga riya nekusakendenga zvakaenzana, uye pasina kana kunyunyuta, pamwe chete nemoyo wegwayana, aibva acheka. moyo wemwana uyo, bika udye. Musiyano uripo pakuti maziso ake anga ajairira mumwe, asi kwete kune mumwe, kana kuti angadai asina kushamiswa neropa raakaona mitumbi yevanhu yakarembera mumashops epabhucha, padivi pezvitunha zvemombe. namakwai.

Vanhu Parizvino Havasi Kuva Nebudiriro

Chero bedzi vanhu vachiramba vachidya zvokudya zvakabikwa, hapagoni kuva nebudiriro chaiyoiyo kana kuti rugare rusingaperi paNyika. Rinobikwa richidya rinobereka hondo dzese nekupondwa kwevanhu pasi rose.

Kudya kwakabikwa kunobereka vatungamiriri vakaipa nevadzvanyiriri vane ngozi vakaita saHitler, Lenin, Stalin nevamwe kana matsotsi ane hutsinye akadai saAbdul Hamid naTalaat nevateveri vavo, vakauraya hafu yevagari veArmenia vane runyararo ndokudzinga mumwe. hafu kubva munyika yavo yekare, kwavakanga vagara kwezviuru zvemakore, vachibira nokupamba midziyo yavo yokurimisa, dzimba dzavo nedzimba dzavo.

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mapindu, makomo awo nemipata yawo, uye ipapo achiratidzira asinganyadziswi pamberi pemeso enyika yose “yakabudirira” pasina kurangwa kwakakwana.

Pasinei nekuwedzera kunoenderera mberi kwekugadzirwa kwechibage, pachine kuperevedza kukuru kwezviyo munyika yose.

Pane zvikonzero zvitatu zveiyi gangaidzo yechienzi: Chekutanga, nokusandura chingwa cheupfu kuita chingwa chichena kwose kwose, tinochinyima zvisaririra zvacho zvokupedzisira zveukoshi hunovaka muviri. Zvadaro, kuburikidza nerubatsiro rwekugadzira fetiraiza tinosimudza huwandu hwezvibereko pamutengo wehutano hwayo. Pakupedzisira, murume wenhema ave achikura nokukurumidza zvokuti wedzero mukugadzirwa kwezvokudya kwave kusingakwanisi zvikuru kufambirana nechinodikanwa.

Uye minda mizhinji yezvirimwa iri kushandiswa kudyisa zvipfuyo zvenyama nemaindasitiri emukaka.

Pakutanga kuona, varume vangawana zvakaoma kufungidzira zvikomborero zvakakura izvo vanhu vachawana kubva mukudya zvakabikwa.

Zvinenge pakarepo hosha dzose dzichaparadzwa nokusingaperi, uye kuwedzera kuri kwose noutsotsi zvichapera panyika.

Panguva imwecheteyo kariro yehupenyu ichawedzera kaviri kana katatu uye pachava nekufambira mberi kwehupfumi kwehukuru hwakadaro husingazove mukati mekusvika kwevanhu kwemazana emakore, kana mamiriro ezvinhu aripo iye zvino akaenderera mberi.

Izvi zvirevo ichokwadi uye kwete manyepo, uye, zvakare, ese mabhenefiti anogona kutengwa nenzira yakapusa. Chatinofanira kuita kuremekedza mitemo yekutanga yechisikigo uye kudzivirira kuparadzwa kwegorosi mhenyu uye rakakosha. Kudai munhu aive nepfungwa dzekuda kupinda nekuona musiyano pakati pegorosi mhenyu, rinoshanda nechingwa chakapiswa, aigona kuona zviri nyore musiyano uripo pakati pechipenyu chemunhu anodya mbishi nechakabikwa.

mudyi.

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Iye zvino ngatitarisei mafungiro akatorwa nevatongi vemazuva ano vehurumende nyika uye nezvimwe zviremera zvine mutoro kune aya matambudziko akakosha. Tsamba dzakagamuchirwa kubva kwavari dzinoratidza kuti vakarava bhuku rangu rokutanga nokudisa uye kuti vanozviwana vamene mukunzwira urombo zvikuru mirangariro yangu. Handisati ndanzwa izwi rimwechete re discordant kubva chero kupi zvako. Asi izvi hazvina kukwana. Bhuku rangu harisi bhuku rinonakidza kuti riverengerwe kamwe chete roiswa parutivi. Ivhoriyamu umo matambudziko makuru uye anokurumidza enyika yedu anokurukurwa. Inofanira kudzokororwazve, uye mutsara wayo wose unofanira kunyatsoyerwa uye kuongororwa kwemaawa.

Kungava kukanganisa kana vatongi venyika ivavo vachitora kudya kwakabikwa semubvunzo mumwe chete wenguva dzose uye, sezvimwe zvinetso zvavo zvose zvezvematongerwe enyika nezvehupfumi, vanozviisa kune "nyanzvi" kuti dziwedzere kudzidza uye kufunga. Kwezviuru zvemakore kwave kune kuedza uye zvidzidzo zvakawanda, asi zvose zvakakundikana zvinosiririsa. Nhasi, ibasa rinokurumidza rezviremera kuraira vanhu KUBVISA ZVIYEEZO IKO ZVINOPARADZA UYE KUDZOKERA KURUPENYU HWAVO. Nhasi, munhu wose anonzwisisa inyanzvi pakuona musiyano uri pakati pezvakasikwa nezvisiri zvomusikirwo, zvokudya zvipenyu nezvokudya zvisina upenyu nezvinhu zvavo zvokugadzirwa, zvakaora.

Munhu anotonga pamusoro pemamiriyoni evanhu, haakwanisi nyore nyore kutonga munhu mumwe chete, iye pachake.

Panogona kuve nezvikonzero zviviri chete zvekuramba misimboti yekudya mbishi: kushaiwa njere uye kusavapo kwekuda simba. Hapagoni kuva nechikonzero chechitatu. Zvimwe “zvikonzero” zvese zvinongove zvikonzero zvinofambiswa mberi kuti zvivhare zvikanganiso zviviri izvozvo. Vanhu vanozviremekedza vari munzvimbo dzine mutoro havafaniri kupa munhu upi noupi pfungwa yokuti havana ushingi netsika dzakanaka.

Avo vanga vachidya zvisina kubikwa zvakakwana kwemwedzi miviri kana mitatu havangambobvumi kudzokera kumararamiro avo asina kujairika avaimboita, kunyange kana vakatungamirirwa kutsoka. Murume ane hanya nemunhu wake uye anokoshesa hutano nekugara zvakanaka kwake

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vana vachaita “chiyedzo” ichocho chemwedzi miviri kana mitatu pasina kumbozengurira. Vatungamiriri ivavo vanofarira mufarwa negarikano yavanhu vavo (kana iripo) vanofanira kugadzirira nzira yebudiriro yorudzi rwose rwomunhu nemienzaniso yavo vamene. Iri richava basa ravo rinonyanya kubatsira uye rakakodzera kune vanhu.

Hazvisi kuwedzeredza kutaura kuti zvakabikwa zvikafu, zvisiri zvechisikigo uye zvinhu zvekugadzira, hazvipi tsanga yekudya kumasero edu akasarudzika. Zvakare, mari uye dambudziko rakaitwa kuti rivape hakusi kungoparadza, asi inzira yekuparadza zvachose nhengo dzemunhu uye, zvemunhu pachake. Chiitiko chakawanikwa mumwedzi mishoma yekutanga yekudya mbishi zvicharatidza pachena munhu wese chokwadi chezvirevo izvi. Zvakakodzera kufungisisa mubvunzo uyu kwekanguva.

Mukati memakore mashoma apfuura huwandu hwakawanda hweruzivo hune yakagamuchirwa kubva kumativi ose enyika pamusoro pekubudirira kunowanikwa nekudya mbishi. Mashoko aya anoratidza kuti kune zviuru zvevanodya mbishi vakapararira pasi rose, vazhinji vavo vakaporeswa zvirwere zvakakomba uye vave kurarama upenyu hunofadza zvikuru. Vanhu ava havasi nyanzvi kana masayendisiti; vanongova varume vakadzidza uye vane tsika vakakwanisa kunzwisisa misimboti yekudya mbishi nekunzwisisa kwavo uye kutonga, uye vakave neushingi hwekuita sarudzo inodiwa.

Sezvineiwo, kuparadzirwa kwezvinyorwa zvangu kwakasangana nezvinetso zvakakomba zvakati. Sezviri pachena, zvinopfuura masimba omunhu mumwe kuparadzira mamiriyoni emabhuku asingabhadhari munyika yose. Ndakanyorera vaparidzi vakati wandei muEngland neAmerica, ndichivakoka kuti vatsikisezve bhuku rangu reChirungu rekutanga munyika dzavo. Vese vakabvuma kuti bhuku racho rainakidza uye raibatsira, asi vakaratidza kuzvidemba kuti harina kuwira mukati mechikamu chezvinyorwa zvavo. Izvi zvainzwisisika, nekuti kuburitswa kwaro kungadai kwakaratidza kupera kwemamwe mabhuku avo ese e "dietetic", nekuti hapana anoziva tsika dzekudya mbishi.

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vakamboteerera zvishoma kwavari. Vanhu vemazuva ano havagoni kuona kunze kwezvido zvavo pachavo.

Ini ndinokumbira nharaunda dzese, masangano anopa rubatsiro, vabatsiri vane moyo munyoro uye vane moyo wakanaka vevanhu pasi rese nerubatsiro rwavo rwemutsa. Ngavandipe rubatsiro rwose rwavanogona mukuparadzira mabhuku angu. Vanogona kuodha makopi makumi maviri, makumi mashanu kana kuti zana emabhuku angu ndokuagovera nokuzvidira kwavo vamene, kupfurikidza nokuatengesa kana kuti kupfurikidza nokuapa pachena. Bhuku rega rega rinogona kuponesa hupenyu, kurapa vanhu vehosha yakakomba kana kuvhura tarisiro yeramangwana rinofadza revana. Parizvino hapana basa rinokosha rekubatsira vanhu kupfuura irori.

Dai ndakabatsirwa nebhuku rakadaro makore gumi nemashanu apfuura, nhasi maviri angu vana vanodikanwa vangadai vari vapenyu. Kune rumwe rutivi, kudai pfungwa dzangu dzakanga dzisina kuvhenekerwa makore 10 apfuura, ini pachangu ndingadai ndisiri kurarama zvino. Vanhu vese vepanyika vari mumamiriro ezvinhu akafanana panguva ino uye vanoda rubatsiro rwedu zvakanyanya. Izvo zvinodikanwa kuti vazive ivo neakakodzera nheyo dzekudya zvinovaka muviri nekukurumidza.

Nhasi, ndinoona nemaziso angu mashandisiro anoita mamwe masangano emari yakawanda kuti agovere hupfu hwakacheneswa, shuga, mukaka wakaomeswa uye nyama yakachengetedzwa kuvarombo. Nokugovera zvokudya zvisiri zvomuzvarirwo uye zvakaora zvikuru kuvanhu, vasingazivi vanoita chivi chakakomba zvikuru uye vanotyora mitemo yezvakasikwa. Vaizove vachiita chiitiko chehumwari, kana vakavhura maziso eavo vanhu vasina rombo rakanaka uye vakavadzidzisa maitiro ekuve mbishi-vegan.

Kune vose vakapindwa muropa nezvokudya, dema ichena uye chena itema. Pane imwe nguva yaimbofungwa kuti Nyika yakamira, ukuwo zuva nenyeredzi zvichiitenderedza. Kana mumwe munhu akataura zvinopesana nekutenda kwake, aitorwa semupengo nevanhu vasingaoni, nekuti mukuona kwavo Nyika yakanga yakatsiga panzvimbo yayo, ukuwo zuva richifamba mudenga.

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Zvamazvirokwazvo mafungire mamwe chetewo akatekeshera nhasi. Munhu sezviri pachena anonzwa pamuviri wake amene kuti gaka “rinomukuvadza,” nepo chingwa chichena chakabikwa kaviri nomupunga wakakwenenzverwa, zviri kugayiwa nyore nyore, “zvinodzora” mashandiro edumbu. Asi haarangariri kuti, kutaura idi, ndiko kushandiswa kweicho chingwa chaicho nomupunga chiri chisakiso chaichoicho choutera hwedumbu rake; chaizvoizvo gaka ndicho chikafu chinozomurapa nekufamba kwenguva.

Nhasi, vanhu vose vane chokwadi chokuti kana munhu angodya a mahwendefa mashoma ezvokudya "zvinovaka muviri" paanenge ane nzara, anogutsa zvinodiwa nguva dzose zvemuviri wake. Asi vanhu havazivi kuti masero akajairika emunhu iyeye haatore tsanga yekudya kubva kune izvo zvakafa uye zvekugadzira zvinhu, uye kuti, zvisinei nekuzara kwedumbu, ivo vanoramba vaine nzara.

Nhasi, vanhu vose vane chokwadi chokuti kuti munhu ararame upenyu hune utano anofanira kutungamirirwa nekuverenga kwakasiyana-siyana kwesayenzi kwezvinovaka muviri zvemapuroteni, mavhitamini nemamineral, zvinowanikwa mumarabhoritari ekutsvakurudza. Ivo havaone kuti maverengero mazhinji ndeenhema uye anokuvadza anomiririra mufananidzo wechokwadi.

Nhasi, kana mumwe munhu achirwara, anogutsikana kuti zvose zvaanazvo kuita kuti azvirape kutsvaga imwe poison inonzi mushonga. Ndosaka achingotanga kutsvaga chinhu chinoshamisa ichocho. Asi haazive kuti kurapwa kwezvinodhaka huroyi hwezera rino rekudya rakabikwa uye kuti hapana chepfu ichakwanisa kuita chero basa rinobatsira. Uyewo haazivi kuti hosha dzose dzinoparirwa nezvikonzero zviviri bedzi: nzara inopfuurira yamasero enguva dzose nokuda kwokushayiwa zvokudya zvomusikirwo, uye miuyo inokuvadza yezvokudya zvisiri zvomuzvarirwo, zvakabikwa nezvimwe zvinhu zvine chepfu; hapana chikonzero chechitatu. Kune, naizvozvo, nzira imwe chete ine musoro yekuzvisunungura kubva kuzvirwere zvese kamwe zvachose. Tinofanira kurega zvachose kubva kune zvisiri zvechisikigo chikafu uye zvinodhaka, uye kugutsa zvinodikanwa zvemasero edu nekudya kwechisikigo (raw veganism) chete.

Mishonga, iyo inowanzoonekwa senzira yekurapa zvirwere, chaizvoizvo, iyo pachayo inokonzera zvirwere. Kazhinji kutaura, izvozvo

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chikanganiso chinotyisa uye chinosiririsa kutsvaga chero mishonga yekurapa muchinhu chekugadzira kana mune chinovaka muviri. Asi iko uku ndiko kukanganisa chaiko kwakaitwa nevanhu kwemazana emakore apfuura. Hakuna mishonga inorapa munyika ino; kune chete zvinhu zvakakosha zvinokonzeresa zvirwere, nekubvisa izvo zvirwere zvese zvinongopedzwa. Zvinhu izvozvo chikafu chakabikwa uye chepfu inova mishonga isina mazita.

Murume wanhasi anodada zvikuru nebudiriro yake, asi ari kure nokuva akabudirira. Budiriro chaiyo haifanirwe kuyerwa kwete nekungofambira mberi kwehunyanzvi, asi NEKUKWITSIRWA KWEPFUNGWA NEMWEYA WEMUNHU, KUKUNDWA KWEMABASA NEKUPINDA, UYE KUSUNUNGURWA KWENJERE DZEMUNHU KUBVA KUZVINHU. Kuti agutse chishuvo chake chisina kujairika chezvokudya, murume wanhasi anopisa 80 muzana yezvokudya zvakachena, zvomusikirwo pamwoto uye anounza kuparadza kwake amene kupfurikidza nokusika hosha nounyanzvi. Kuti vagutse udyire hwavo hwomunhu oga norudado, vatongi vamarudzi vanodyara mhodzi dzoruvengo noruvengo pakati pavanhu venyika uye vanourayana.

Kunyange vamiriri vesayenzi, vachiramba kunzwa kwose kwengoni nohunhu, vanoshandisa zvisina kufanira zita rinoyera resayenzi kuti vafambire mberi zvavanofarira vamene uye mukuita kudaro vanopamba vanhu nenzira isina tsitsi zvikuru.

Chimwe chezviratidzo zvinokatyamadza zvekusaziva nekudzokera shure yemurume "akabudirira" nhasi ndiyo nzira yake kumubvunzo wegomarara. Kwemakore akawanda, ave achitsvaka chikonzero uye kurapwa kwenjodzi yakakomba yakadaro mune mamwe makemikoro chaiwo, uye achiri kuenderera mberi nokutsvaka ikoko kusina musoro.

Muna ikoku, ndakapa ufakazi hwangu husingarambiki kuzviremera zvakawanda zvenyika makore mana apfuura. Nhasi, ndinotumira izvo humbowo zvakare, mune yakadzama uye yakakwidziridzwa fomu, inotaridzwa nemienzaniso yakawanda yekongiri. Nei makurukota akasiyana-siyana ezveutano nezvimwe zviremera zvine mutoro zvichimira zvakada kushamwaridzana uye kusava nehanya? Sei vanhu vachienderera mberi nekuparadzwa kunotyisa kwezvokudya zvepanyama? Sei vachida

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kuramba vachizadza mabhuku avo, mapepanhau nemagazini nezvikumbiro zvinopokana uye zvinokuvadza zvevhitamini dzenhema uye kudya chaiko? Ko hana netsitsi dzemunhu dziripi? Ko iyo inonzi budiriro iripi?

Regai avo vanoramba vachitaura pamusoro pebudiriro varatidze izvozvo ivo vamene vakagwinya zvakakwana kunzwisisa mitemo yehwaro zvikurusa yomusikirwo ndokunzwisisa zvazvaireva kusunungura rudzi rwomunhu pahosha dzose, kupeta kariro youpenyu, kupeta nekatatu kana kuti nekana mupimo wokurarama.

Mune izvi, muenzaniso unosiririsa wekunyanya kubatwa zvisirizvo kwekodzero dzevamwe wakabva kure kure kuLos Angeles makore maviri apfuura. Pashure pokurava bhuku rangu rokutanga rechiRungu, mumwe mukadzi wokuCalifornia, Mai H. Bulbeck, anogamuchidza zvokudya zvisina kuviriswa zvakakwana. Akwezvwa nerubatsiro rwerubatsiro rwepfungwa iyi, anoodha makopi makumi matatu ebhuku uye anosarudza kuparadzira shoko rakanaka pakati peshamwari dzake nehukama. Zvichakadaro, aziva kuti mumwe munhu anonzi John Martin Reinecke anonyora zvinyorwa nezve "zvinobatsira" zvechikafu chakabikwa mumagazini ye "Ngatiraramei" muLos Angeles, anomunyorera tsamba uye anomupa nhoroondo yenzira yake yekurapa. uye kupora kwakatevera kwavose vari vaviri iye nomurume wake pachirwere chiri chose chavakanga vanacho.

Mushure mekuverenga mabhuku angu, varwere vazhinji pasi rose vakagamuchira kudya kwakabikwa uye nekudaro vakaporeswa zvirwere zvakakomba, kubva pakutemwa nemusoro uye kusagadzikana kwemudumbu kune chirwere chemoyo uye kenza. Varwere, avo kwemakore ekupedzisira vakanga vasina kuwana rubatsiro kubva kune mazano e "nyanzvi" dzakanyanya-kukwanisa, uye vazhinji vavo vakanga vabudiswa muzvipatara semhosva dzisina tariro, vakawana hutano hwavo mukati memwedzi mishomanana uye vava kukwanisa. nakidzwa nemaropafadzo ese ehupenyu hunoshanda.

Munhu anosiya zvokudya zvakabikwa uye zvimwe zvinhu zvine chepfu haazvidziviriri kubva kune zvirwere zvose uye anogona kutarisira nechivimbo kuchembera yakasvibirira yehutano uye simba, pasina kutukwa kwezvirwere nguva dzose. Muchikamu chinotevera chebhuku rino, muverengi achawana a

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kusarudzwa kwetsamba dzakawanda dzandinogamuchira zuva nezuva kubva kune vaichimbova varwere vane shungu dzokubatsira vamwe nokurondedzera zvakaitika kwavari. Ndiwo mumweya uyu kuti Mai Bulbeck vakasarudza kunyorera Mr. Reinecke.

Muchinda uya anofuratira kodzero yangu pabhuku rangu, anokopa izwi nokuti shoko rimwe nerimwe rezvirevo zvitanhatu zvinopiwa pabutiro rebhuku rangu! inoaisa mumagazini yaFebruary naApril, 1965 ye "Ngatiraramei" Magazine sechikamu chechinyorwa chakanzi "Adventures in Raw Foods", ipapo anopa kutengesa rumwe ruzivo nemutengo wemadhora mashanu. Asi chinonyanya kuda kuziva pane zvose idi rokuti mumashoko okutanga vapepeti vemagazini yacho vanosimbisa kuti zviri mukati izvozvo ndezvomunyori wenyaya yacho! Vanhu havafanire kuverenga bhuku rakadai sekuti “Ngatiraramei” Magazini, iyo inopona pane zviziviso zvevhithamini yakagadzirwa uye "dietetic" kugadzirira.

Iye zvino kweanopfuura makore gumi, ndasiya upenyu hwokushamwaridzana uye ndazvinyima mafaro ose. Ndave ndisina mari zvakanyanya maererano nezvinodiwa nemhuri yangu uye neni, asi handina kuzeza kwechinguva kushandisa mari yangu yese mukuita zvidzidzo nekudhinda mabhuku, zviuru gumi zvemakopi andakatogovera mahara kumasangano esainzi. nevanhu vari kumativi ose enyika. Ndakaita zvibayiro izvi kuitira kuti ndiratidze nyika yose nzira yechokwadi yehupenyu hunofadza uye hwepanyama, uye nguva yose iyi ndakapikisa nemoyo wangu nemweya wangu pamusoro pekutengesa mazano akadaro nemari.

Asi nhasi Mr. JM Reinecke, vachishandisa zvine mutsindo mazano angu nezvirevo zvangu, vanoda muripo wemadhora mashanu emadhora kuratidza vanhu madyiro. chikafu chepanyama! Izvi, zvechokwadi, ndiyo inonyanya kushungurudza chikamu chemubvunzo.

Hezvino zvinyorwa kubva muzvinyorwa zviviri zvaVaReinecke:

NGATIRARAME

Kukadzi, 1965 :

ZVAKAITIKA MUKUDYA MAKASIKA NAJOHN MARTIN REINECKE

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American Fruit Originator uye Explorer

KODZERO DZESE AKACHENGEWA NEMUNYORI

ÿ Munhevedzano yezvinyorwa zvanhasi munyori anopa zvaanofunga zvichibva pazviedzo zvake, pamwe nezvaakasangana nazvo zvakawanda achigara pakati uye achidzidza vanhu vemamiriro ekunze mazhinji - kudya kwavo kwezvokudya zvisina kubikwa uye michero inopa utano. —Mupepeti.

Chikafu chisina kubikwa chinofanira kunge chiri chega chikafu chinotorwa nemunhu. Kudya zvokudya zvakabikwa itsika isiri yomusikirwo inofanira kubviswa munyika ino kana utano hwakakwana huchizowanikwa. Kudya kwevanhu kunofanirwa kuve nemasero mapenyu chete, nekuti chikafu chakabikwa ndicho chinokonzera zvirwere zvese zvevanhu. Kudya zvokudya zvisina kubikwa kunosunungura vanhu pazvirwere zvose uye kunoita kuti munhu ararame makore 140 kana kupfuura.

Imhosva yakaipisisa kurovedzera mwana achangozvarwa chikafu chakabikwa, nekuti ndipo panotanga matambudziko ake ese (Ona kavha ye "Raw-Eating" yangu yekutanga edition). Nyanzvi dzezvinhu zvipenyu dzinofanirwa kuratidza kuti chisikwa chakanganisa pakusatipa chikafu chiri munzvimbo yakabikwa. (Edition yekutanga, p. 32). Mwanawo zvake anovenga kuravira kwezvokudya zvakabikwa, zvinoratidzika kuva zvinofadza bedzi kumupindwa muropa wezvokudya zvakabikwa, kungofanana neopium inoratidzika kuva inofadza kumupindwa muropa nezvinodhaka. (Edition yekutanga, p. 33). Moto womukicheni unopisa uye unoparadza 90 muzana yeukoshi hwezvokudya zvakabikwa zvakanaka. (Kavha yechinyorwa changu chekutanga).

Kubvumbi, 1965:

Pakutanga kuona zvinoita sezvisingabviri kuti tinogona kuzvisunungura kubva kuhurwere chero hupi nekudya chikafu chisina kubikwa chemusikirwo. Asi chokwadi ndechekuti "zvisingadaviriki" zvinova nyore kuita chokwadi chakazadzikiswa ... (Edition yekutanga, p. 45).

Rinofanira kunge riri basa revanoongorora zvipenyu nemachiremba kukurudzira vanhu kudya zvinhu zvakasikwa; kwete kupatsanura zvinovaka muviri zvinoumba chikafu, asi kugara uchizvidya zvakakwana sezvingabvira muhuwandu hwazvo hwakaenzana uye mukurarama kwavo, mbishi. Vanachiremba nenyanzvi dzezvipenyu havafanire kutaura nezvekubatsira kwekuparadzaniswa

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ega ega zvinovaka muviri zvinoumba, asi zvinofanirwa kusimbisa kukosha kwekudya kwakazara mbishi.

PFUPISO PFUPI

Kazhinji kutaura, sainzi yese yezvokudya zvinovaka muviri inogona kupfupikiswa mumapfungwa maviri makuru uye kuita kushushikana kwevanhu vese:

1.Kudya kwevanhu kunofanirwa kuve nemasero mambishi mapenyu. Izvo chete zvekudya izvo zvinoumbwa nemasero mapenyu ndizvo zvine hunhu hwese hunodiwa kugutsa zvinodiwa nemuviri wemunhu.

2.Iko kune miviri yakajairika uye yakasarudzika yemuriwo miviri mune zvakasikwa. Miti yemiriwo yakakwana uye inovaka muviri ndiyo mhando dziri nani dzemichero, miriwo yegirinhi, nzungu, zviyo nemidzi.

Mukupfupikisa, munhu anofarikanya utano hwakakwana apo anodya bedzi zvokudya zvisina kubikwa; ari kurwara zvokuti anodya zvokudya zvakabikwa; uye anofa kana achingorarama nekudya kwakadaro. (Edition yekutanga, p. 24).

Mashoko ekuvhara neMupepeti weMagazini:

Nekuda kwekumanikidzwa kwemabasa hazvizogoneke kuna Mr. Reinecke kupindura tsamba. Kana agamuchira madhora mashanu anokutumira ega ega ega ega ega ega echikafu menyu-gwaro uye mabikirwo eUnited States neTropics aine madhairekitori akazara. Aya haasi muchimiro chebhuku. Tumira ku... - Mupepeti.

Nguva nenguva takasimbisa chokwadi chekuti michero yese, miriwo uye nzungu chikafu chakakwana chemhando yepamusoro, chine hukasha hwakafanana. Nekudaro, ese "menu-guide" uye mabikirwo ekudya mbishi haana chero sainzi kana kukosha kwekudya. Kunyange munhu asingazivi zvikuru anogona kugadzira purogiramu yake yezvokudya, inotungamirirwa nezvido zvechido chake uye pfungwa yake yekuravira.

Pakugamuchira chinyorwa chaFebruary cheMagazini, ndakanyorera Mupepeti, VaKay K. Thomas tsamba, ndichidavira kuti vaizofara kudzivirira kodzero dzangu munguva yemberi:

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Kubvumbi 21, 1965:

Mr. Kay K. Thomas, 1133 N. Vermont Ave., Los Angeles, Calif.

Vanodikanwa Changamire,

Zvakandishamisa kuti ndakaverenga munhamba yaFebruary ye "Ngatiraramei" chinyorwa chaVaJohn Martin Reinecke chine musoro unoti "Adventures in Raw Foods", apo munyori akakopa izwi neshoko motto dziri pabutiro rebhuku rangu, "Raw-Eating", uye akavamiririra sezvirimo zvake. Tapota gadzirisa kusanzwisisa uku muchinyorwa chako chinotevera uye nenzira yomutsa tora matanho kudzivirira kuitika kwakafanana mune ramangwana.

Arshavir Ter Hovannessian

Sezvineiwo, unenge mwedzi gare gare, ndakagamuchira mhinduro isingagutsi inotevera, umo nhamburiko iri yose yakaitwa kuchena Mr. Kusavimbika kwekunyora kwaReinecke:

Chivabvu 12, 1965:

Arshavir Ter-Hovannessian Kakh Avenue 21, Peshan Street, Tehran, Persia.

Dear Changamire:

Nezvetsamba yako yaApril 21 takanyorera VaJohn Martin Reinecke nokuda kwetsananguro uye izvi ndizvo zvaakatiraira;

`Ndakatarisa chikamu chechikamu chaFebruary chechinyorwa changu ndokuona kuti hapana kwandakambokopa shoko neshoko chero chikamu chemotto dzaVaTer Hovannessian. Zvese zvandinotaura pazvikafu zvakabikwa ndezvangu pachangu uye mazwi akaunganidzwa kubva kumakore makumi maviri nemashanu eruzivo rwakaunganidzirwa uye kudzidza. Kana ndataura chero zvirevo zvakafanana nezvake, saka zvakangoitika uye kwete nemaune.

`Ndinofunga kuti ndine imwe yemabhuku akaunganidzwa akazara ezvekudya zvakabikwa munyika, uye pakati pawo ndinowana kopi yekabhuku kake.

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Dai ndakakopa kubva mairi, ndingadai ndakamupa kutenda. Ndinoyeuka kuti kabhuku kake kakapiwa kwandiri neshamwari rinenge gore rapfuura; uye kuti ndakatumira kuna VaTer-Hovannessian $10 kuti vanditumire mamwe mabhukwana eshamwari dzangu. Izvi zvakaitika unenge mwedzi wapfuura. Nanhasi handisati ndanzwa kubva kuna VaTer Hovannessian kana mari. Kana asingadi kunditumira mabhukwana ake, anofanira kudzorera mari yangu, nokuti ndinoreva bedzi ruremekedzo uye kunaka kwokuparadzira betsero dzezvokudya zvakabikwa zvakaponesa upenyu hwangu makore 25 apfuura.'

(akasaina) John Martin Reinecke "Pasi pemamiriro ezvinhu uye mukati maonero aVaReinecke zvakataurwa naVaReinecke kuti havana kufanira zvirevo zviri pabutiro rebhuku renyu, "Raw-Eating", hatina kururamiswa muna NGATIRARAME Magazine.

(akasaina) KAY THOMAS, Mupepeti-Muparidzi.

Mukupindura kune idzi nharo dzisina kusimba ndakatumira tsamba inotevera:

Chivabvu 27, 1965:

VaKay Thomas, Mupepeti-Muparidzi. Dear Changamire:

Ndine urombo kukuzivisai kuti handioni mhinduro yenyu yaMay 12 kutsamba yangu yaApril 21 seinogutsa.

Ndine mhosva yemagazini yenyu nokuda kwekusashandisa pfungwa kwaVaReinecke zvisizvo nemifungo yangu uye ndinochengeta kodzero yokurayira kugutsikana.

Iwe unoedza kururamisa hunyengeri hwevanhu hunoitwa naVaReinecke, avo ichiri kutengesa pfungwa dzangu nemadhora mashanu pachidimbu. Mushandirapamwe wangu wakanangana nekubiwa kwakadai.

Panyaya ye$10.00, iyo VaReinecke vanoti vakatumira ndine odha yemabhuku, ndine hurombo kutaura kuti handina kuwana mari kana tsamba kubva kwaari.

ATERHOV

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Iyi tsamba yakanga yaguma apo Mai Bulbeck vakanga vane mutsa zvakakwana zvokuti vakanditumira nhamba yaApril yemagazini inonzi “Ngatiraramei,” umo, sezvakaratidzwa pamusoro apa, munotova nemienzaniso yakajeka zvikuru yokusatendeseka kwamabhuku. Ndinozvisiya kumuverengi kuti asarudze kana "kufanana" pakati pekunyora kwangu uye zvinyorwa zvaVaReinecke zvakangoitika kana kuti nemaune.

Mupepeti haakwanisi kubvisa mutoro pamafudzi ake, nokuti akanga akarovedzana zvizere nebhuku rangu, iro rakanga ratonzverwa mumagazini yake mwedzi yakati yapfuura, nepo Mr. Reinecke anongoita kuti zvinhu zvinyanye kushata nezvikonzero zvisina musoro uye macalumnies. Nezvemubvunzo usina basa wemadhora gumi aanoti akanditumira, ndinoda pachena kuti ndizive zita rebhanga kana nzira yaanonzi akanditumira nayo mari, izvo zvandisina ruzivo nazvo.

Zvose zvinokurudzirwa zvezvokudya zvakananga zvinofanira kubviswa zvachose kure nechiso chenyika. Rudzi rwevanhu rwunofanira kunyatsoziva kuti KUDYA AKABIKIRWA HAZVIPI KUTI MUNHU ANONYANYA. Kupfuura izvi, REGAI MUNHU MUMWE NEMWE ACHADYE ZVANODA UYE MUCHIPIRO CHESE CHAANODA. Iyi inyaya yekuravira kwega.

"Vadzidzi vezvekudya" vedu vakavhiringa pfungwa dzevanhu vane rondedzero refu yekubika uye menyu, zvekuti vanhu vazhinji vanofunga kuti iniwo ndiri wehama idzo "nyanzvi", saka ivo vanowanzondinyorera kuti vandikumbire chirongwa chekudya. chikafu chepanyama. Pano ndinoshuvira kutora mukana wekupa mhinduro yakabatana kwavari vese.

Kubva zvino, hapafanirwe kuve nechero yakakosha chirongwa chekudya, mazano kana zvirongwa zvemunhu wese. Munhu anofanirwa kudya chero chaanoda, pese paanokwanisa uye nekuwanda kwekuda kwake kudya, sezvinoita zvimwe zvisikwa zvese zvipenyu, kubva kusvosve kuenda kunzou Dzimwe mhuka, zvisinei, kazhinji dzinofanirwa kugutsikana nezvinhu zvakadaro zviri nyore. zviripo kwavari; Enzanisa clover, uswa,

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makwenzi emakomo, mashizha emiti neminzwa yemugwenga ine zviyo, nzungu, miriwo nemichero.

Anodya mbishi anogona kudya kamwe chete pazuva kana kagumi pazuva; anogona kudya pamuchero mumwe chete kana zana. Kubva pakuona kwehutano hazviiti mutsauko, nokuti mumwe nomumwe miriwo yakasvibirira chikafu chinotorwa zvakasiyana chinopa chikafu chakakwana pachacho. Anodya mbishi haafanire kutungamirwa nerunyorwa rwekurudziro ye "sainzi" kana "dietetic", asi nezvido zvechido chake uye mukanwa, izvo zvichagara zviri vatungamiriri vake vasingakanganisi mukusarudzwa kwezvinovaka muviri. Iyo yechokwadi, yakachengeteka uye yakareruka nzira ndeyekudya chikafu chedu munzvimbo iyo zvisikwa zvakagadzira uye zvakazvipa kwatiri, nekungozvipwanya pasi pemeno edu. Asi kana ani nani ane nguva nekuzorora kugadzira saladhi nezvimwe zvakavhenganiswa ndiro, ngaazvidye

pakarepo mushure mekugadzirira, kana zvikasadaro nekufamba kwenguva munhu achasundwa kuenda kune kutsva kutsva kwechikafu.

Vanhu havafanirwe kuverenga mabhuku anobata nezve etiology yezvirwere zvega, kuongororwa, kurapwa, mishonga, mavhitaminzi, zvicherwa, mapuroteni, hydrotherapy, electrotherapy nezvimwe zvakafanana zvidzidzo, nekuti zvirwere zvese zvinobva kune chimwe chikonzero uye zvine nzira imwechete yekurapa. .

Vazhinji vezvinomera, uye kunyangwe vasiri vezvinomera, vanoedza kudya a muchero mushoma pane wenguva dzose vane fungidziro yekuzviona sevadya mbishi. Hapana munhu, zvisinei, anogona kuzviona semudyi mbishi kana akatora kunyange kudya kumwe kwakabikwa pamwedzi, nokuti nenzira iyoyo haazombokwanisi kuzvisunungura zvachose kubva kuhosha. Izvi zvinodaro nekuti mumatanho ekutanga ekudya mbishi, imwe nhamba yemasero anorwara anogona kuwira mumamiriro ekurara uye kurebesa hupenyu hwavo muchimiro ichocho kwenguva yakareba. Kudya kumwe chete kunobikwa pamwedzi kunogona kuzova kwakakwana kuvatsigisa uye kuvapa mukana wokuwanda zvakare. Kana munhu adya mbishi paanongotora chimedu chezvokudya zvakabikwa, zvechokwadi anopa masero anorwara iwayo zvokudya zvitsva uye anoapa upenyu hutsva. Nekuda kweizvozvo, kana mumwe munhu asingakwanise kuzvisunungura zvachose kubva kudenda rezvirwere, anofanira

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tsvakai chikonzero mukudarika ikoko kwapanhambo nenhambo uye kwete kumwezve kwose. Hapagoni kuva nekururamisa zvachose kune izvo zvisizvo.

Imwe yenharo dzisina hwaro dzekupokana nekudya mbishi-kudya, iyo dzimwe nguva inosvika kwandiri kubva kune dzimwe nyika dzekuchamhembe uye kunyanya kubva kuEngland, kusaenzana kwemamiriro ekunze. Chero bedzi munhu achikwanisa kuwana tsama yezviyo zvakasvibirira, hapangavi nemubvunzo wekushomeka kwezvinovaka muviri munyika chero ipi zvayo. Kunze kwezvo, tichifunga kuti zvokudya zvakabikwa hazvipi zvokudya zvishoma kumuviri womunhu, panofanira kuva nezvokudya zvakakwana munzvimbo dzose dzepasi kana vanhu vakakwanisa kuzviriritira uye kutsigira upenyu. Kupfurikidza nokubvisa zvokudya zvakabikwa muzvokudya zvedu, hatibvisi chinhu chipi nechipi paukoshi hunovaka muviri hwezvokudya zvedu; pane kudaro, tinozvisunungura kubva kune zvinhu zvine chepfu uye zvinokuvadza. Revo yakazara yeidzi zvokwadi inogona kunzwisiswa bedzi nomunhu akafarikanya betsero dzokudya mbishi kwamakore anoverengeka. Ese aya e "sainzi" anoburitsa ayo nyanzvi dzezvinhu zvipenyu dzinoedza kumiririra chikafu chakabikwa sechikafu fungidziro dzisina musoro uye manyepo asina maturo.

Sezvo zvinhu zvakamira, panguva ino chaiyo kune dzimwe nyika uko vanhu vari kutambura ne "kushomeka" kwezvokudya uye vari pasi pengozi yenguva dzose yenzara, apo chiziviso chepamutemo chiri chese chinodiwa kuita chishamiso chakamirirwa kwenguva refu chekuunza zvakawanda munyika. Nehurombo, ichi chiziviso chakareruka uye chakajeka chekuti KUBEKA KUNOTSA KUDYA ZVINOGONA UYE KUCHISHANDURA KUVA ZVINHU ZVINOkuvadza hakuonekwi chero kupi zvako, zvisinei nekuti kare muna 1963, ndakaunza chokwadi ichi chisingarambiki kune vese vakuru vakuru uye nesainzi denderedzwa. nyika. Ichi chiratidzo chinokatyamadza chekunyura kwakadzama muvanhu nhasi mukusaziva, rusaruro, kutenda mashura uye kupindwa muropa kunosemesa. Mazwi akaita sebudiriro uye kufambira mberi anorira pasina kana akashandiswa kune vanhu avo kunyangwe zvese zvataurwa uye zvakanyorwa, vachiri kuramba kubvuma kuti kubika ibasa risiri rechisikigo uye rinokuvadza.

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Vanoti nyanzvi dzezvinhu zvipenyu dzakafambira mberi zvinoshamisa muruzivo rwavo. Zvinoita sekuti pavanowedzera kufambira mberi, ndipo pavanofanira kuona kuti hapana chavanoziva. Uye apo ivo vanosvika panhano apo ivo vanobvuma norusununguko kuti mukurwisana nouchenjeri hwechokwadi hwomusikirwo zivo yavo vamene haisati ichingova inoparadza, zvingabvumwa zvamazvirokwazvo kuti ivo vakadzidza zvomenemene chimwe chinhu.

Hakusi pakati penyanzvi idzodzo dzezvinhu zvipenyu “dzakanyura muzivo nokudzidza zvemazuva ano” patinosangana nemadzitateguru anoremekedzwa akararama kusvika kumakore 140 kana kuti 150 ezera. Tinosangana nevanhu vakadai kure kure nenzvimbo huru dzekudzidza, muchipfuva chechisikigo, umo vanodzivirirwa zvishoma kubva mukukuvadzwa kunokonzerwa nezvinodhaka uye chikafu chakanyanya kuderera. Upenyu hwavo hwaizova hwakareba sei uye hune hutano hwakadini, dai vakaregererwa kunyange kuderera kwechikamu uko zvokudya zvavo zviri pasi pazvo panguva ino. Chii chinondipa kodzero uye ushingi hwekupikisa zvinenge zvose zvinofungidzirwa zvesayenzi yezvokurapa ichokwadi chokuti 100 PERCENT RAW ETING INOSISA KUPEDZISIRA KUNOZVIRWARA ZVINHU ZVINHU ZVOSE ZVAKANAKA UYE PAMWE CHETE. Edzai, mugogutsikana;

Handisi kuwedzeredza kana ndichiona semhondi nematsotsi vanhu vese avo, neimwe nzira yekunyepedzera kana zvimwe, vanorambidza vanorwara nevasina NUTRIMENTS yavo yeNATURAL NUTRIMENTS - miriwo mitsva nemichero - inova NDIYO CHETE ZVINOGONESA NZIRA dzekudzoreredza hutano hwavo hwakarasika. . Kuburikidza nekusaziva kwavo kunosiririsa avo "vakadzidza vesainzi" vanoita kuuraya kukuru kupfuura kwakamboitwa naAttila kana Hitler. Nekurudziro yavo yehupenzi vanouraya mamirioni avanhu, zuva nezuva, pasina zororo kana kuzorora. Pakati pematsotsi asingazivi akafanana nawo pane vagadziri vose nevagovani vemishonga, zvinwiwa, fodya, uriri hwakanatswa, chingwa, nyama, zvihwitsi, shuga, tii, kofi uye mhatsa yezvimwe zvinhu zvinokuvadza zvakadai seizvi. Fekitari imwe neimwe inogadzira zvinhu zvisiri zvomusikirwo zvakadaro, zvakasakara zvinokuvadza vanhu kupfuura mabhomba eatomu.

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Ndinokumbira vose vanoyamura vanhu kuti vaite zvavanogona kuti vandibatsire kuparadzira chokwadi ichi nemashoko anotaurwa uye nemabhuku angu.

Vaya vanodya mbishi vakaporeswa zvirwere zvavo vari pasi pechisungo chakakosha chekuisa ruzivo rwekupora kwavo kune vezvenhau uye nevese vane mhosva.

Chekupedzisira, ibasa rakasungirwa revatapi venhau kuti vaburitse pfupiso yezvirevo izvozvo mumakoramu ebepanhau ravo, uye vanoda kuziva kuti sei vakuru vachirambira mukusaita basa kwavo.

CHIKAMU CHECHITATU

Izvo Zvakaitwa zveRAW-Eating

Vaverengi vazhinji vanondinyorera tsamba vachindibvunza nezvekubudirira kunowanikwa nekudya mbishi. Kuti ndigutse kuda kuziva kwavo ndinofara kuvapa ruzivo rwakakodzera.

Kwapera gore vhoriyamu yekutanga yechiArmenian yabudiswa kushanda muna 1960, ndakabudisa bhuku pfupi muPersian, iro ndakagovera 4,000 makopi epachena pakati pemasangano akasiyana-siyana, zviremera uye vezvenhau. Mapepanhau nemagazini eTehran akapa bhuku iri kugashira kwakanaka uye vazhinji vavo vakanyora ongororo yakareba maererano neizvi.

Iri bhuku rakatariswa zvakanyanya mumatunhu eDare. The murume waHer Highness Princess Shams Pahlavi, VaMehrdad Pahlbod, avo vava Gurukota rezvetsika, vakandikoka kumba kwavo ndokundizivisa kuti bhuku rangu rakanga raremekedzwa nengwariro yaShah (mambo MohamadReza Pahlavi), uyo akanga amurayira kuti aite zvimwe. kubvunza nezvenyaya yacho. Ndiri kufara kunyora kuti ndakava nekubvunzurudzwa kutanhatu kana kunomwe kwakatevera naVaPahlbod. Munyori Mukuru weRed Lion uye Sun Society, Dr. Abbas Naficy, uye Mutungamiriri weKhajenouri Maternity Hospital, Dr. AbulGhasem Naficy,

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uye dzimwe nyanzvi dzakati wandei dzakarumbidza maonero angu uye dzakandivimbisa kushandira pamwe kwavo.

Mirayiridzo yakapiwa yokurera chiverengero chakati chevana mune imwe yemisha yenherera kupfurikidza nokudyisa. Pamusoro pezvo, misimboti yekudya mbishi yaifanira kugamuchirwa mukurapwa kwevarwere mune chimwe chezvipatara zvevana uye mukugadzirisa hurongwa hwekudya kweimwe yemazuva ano vana. Sezvineiwo, mukuita chaiko ndakasangana nezvipingamupinyi zvakasiyana-siyana.
Nenguva isipi ndakatarisana neuto guru ravanachiremba nevakuru vakuru vane rusaruro, avo ndaifanira kupesvedzera pfungwa itsva. Iri rakanga risiri basa riri nyore. Nyaya yacho yese yakaverengerwa zvekuti ndakaneta ndikasiya kuyedza nekuzvidemba kukuru.

Kukundikana uku kwainyanya kusiririsa, nekuti ndakaona padhuze kuti, semugumisiro wekudya kusiri kwechisikigo, vacheche vari munzvimbo dzinochengeterwa vana vakaramba vasina simba uye vachirwara, nepo muzvipatara vaivimba nemavhitamini ekugadzira, mishonga ine chepfu uye mapuroteni emhuka. kununura kubva muuranda hworufu vana vaya vasina simba, vakaonda avo, vanyimwa mukaka waamai nezvokudya zvomusikirwo, vakanga vane mukaka wakaomeswa nechingwa chichena senhaka yavo huru. Pasina chikonzero chekuwedzera, hapana pfungwa yakapihwa kudikanwa kwekudya kwechisikigo, kusina mhosva.

Asi vanhu ivavo, pamwe chete nokuvapo kwangu mumisangano yezvokurapa yakawanda, zvakandidzidzisa zvidzidzo zvakawanda zvinokosha. Chokutanga uye chakakosha, ndakaona kuti kunyange zvazvo maonero anoiswa neni ari mitemo yepakutanga uye yakapfava yechisikigo, inogayiwa uye inotorwa chete nevanhu vane dzidzo yepamusoro inopindirana nerusununguko rwekusarudza uye kuzvimiririra mupfungwa. Munhu ane njere dzepakati haagone kufungidzira mukana wekuti munhu akasarudzika angangokwanisa kushandura sainzi yese yekurapa yanhasi uye kupesanisa pfungwa dzekudya dziripo munyika yesainzi.

Ndokusaka ndakasarudza kubudisa vhoriyamu pfupi muChirungu uye zviise kune vepamusoro-soro vesainzi nevezvematongerwo enyika.
Ndichikunda matambudziko makuru, ndakashanda maawa 16 pazuva kuti ndinyore bhuku racho, ndichibva ndaita kuti rishandurirwe muchiRungu ndokuribudisa mumutauro weChirungu.

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1963. Ipapo ndakatora kero 3 000 mumabhuku akasiyana-siyana enongedzero ndokutumira anenge makopi 4 000 ebetsero ebhuku racho kuvatongi vose venyika, uye kumayunivhesiti, nzvimbo dzesayenzi, masangano amarudzi ose, uye mapepanhau akakurumbira namagazini enguva nenguva. Ndakasaina chaizvoizvo akawanda amabhuku ndokubatanidza tsamba inoperekedza kune rimwe nerimwe. Ndakatora iyi senzira inokurumidza uye yakakodzera yekuparadzira pfungwa dzangu muurefu nehupamhi hwenyika.

Mibairo yakapfuura zvandaitarisira zvine hungwaru. Zviuru zvetsamba namapepanhau zvakagamuchirwa neni mukati memwedzi mishomanene yakatevera zvakandisiya ndisina panikiro kuti bhuku rangu rakanga richiraviwa nefariro navanhu vose vanotungamirira nezviremera munyika, vazhinji vavo vakasimbisa pasina kuzengurira uchokwadi hwepfungwa dzangu.

Mumakore achangopfuura, handina kungosiya mibato yangu yokushamwaridzana chete, asi ndakasiyawo bhizimisi rangu chairo kuti ndizvipire kumabhuku angu masikati nousiku. Asi, zvinoshamisa kutaura kuti, kune vanhu vanofunga kuti ndasiya pfungwa dzangu, nokuti, panzvimbo pokuunganidza pfuma uye kubvisa nguva yangu ndichidya, ndichinwa uye ndichifara, ndinopedzera mari yangu yose pakubudiswa kwemamwe mabhuku. , yandinogovera kune vose pasina muripo.

Asi mukuona kwangu, hakuna mufaro muupenyu unopfuura kugutsikana kunobva mubasa risina udyire kune vamwe vedu. Vanhu vanovaka zvivakwa zvakaisvonaka uye vanofadzwa nokuona kwavo. Zvino, imwe neimwe yetsamba dzakawanda dzekukorokotedza, kuonga uye kutenda dzandinogamuchira zuva rega rega kubva kumativi ose enyika dzine kukosha kwakazara kwechivako kwandiri. Uye kana tsamba ichibva kune uyo akaporeswa kubva kuchirwere chakakomba nezano rangu uye anonditora semuponesi wake, hapana muganhu kana muganhu kumufarwa wangu, uyo unowedzerwa zvakanyanya nekunzwa kuti zvese izvi zvave zvichiitwa. zvaitwa pasina kana muripo.

Mweya wangu unorwadziwa siku nesikati pandinoona vanhu vachiparara kwese kwese zvichikonzerwa nerufu runonzi ndisingatarisiri. Ndinonyatsoona kuti vanhu ivavo HAVAFI; VANOZVIURAYA noupenzi nokuda kweplate rakazara risiri rechisikirwo uye rakagadzirwa.

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chikafu. Mwoyo wangu unobuda ropa pandinoona amai vakavhunduka vachibvuta mwana wavo asina mhosva muchero wepamusoro uye vachiisa muruoko rwake chingwa chinouraya, mukaka nenyama panzvimbo.

Mubhuku rangu rekutanga reChirungu, ndakanga ndabata muchidimbu pane zvinenge zvese matambudziko akakodzera. Mubhuku rino, ndawedzera zvimwe zvekutaura kwangu kwekare uye ndakataura pamusoro pemibvunzo yakati wandei yakakosha pane imwe nguva yakareba, zvichiita kuti chidzidzo chacho chinyanye kunzwisiswa kuruzhinji rwevanhu. Zvisinei, ndisati ndagumisa bhuku racho, ndinoda kuzivisa muverengi nokugamuchira kunoitwa bhuku rangu rokutanga reChirungu, pamwe chete nemamwe mabhuku angu.

Kopi yetsamba yangu yakanyorerwa vatongi nezvimwe zviremera zvinotungamirira zvenyika

Ndapota ndikudzei nekugamuchira bhuku rangu rine musoro unoti "Raw-Eating". Ndinovimba nemoyo wese kuti uchawana zvichibvira kupa mashoma emaawa ako anokosha pakuverenga bhuku.

Kupfurikidza nokurangarira zvokudya zvakabikwa sezvokudya zvavanhu zvenguva dzose, rudzi rwomunhu rwose zvarwo rwakatora noupofu nzira inouraya inoenda kukuparadzwa.

Kugamuchirwa kwemazano uye zvirevo zvinotsanangurwa mubhuku zvichava zvebetsero hurusa kugarikano yorudzi rwako.

Makopi mashoma uye zvinyorwa kubva mumhinduro dzakagamuchirwa:

Tsamba kubva kunaMukuru VaAmir Abbas Hoveyda, Mutungamiriri wePersia:

Tehran, Gumiguru 18, 1965

Mr. AT Hovanessian,

“Ndagamuchira tsamba yenyu nebhuku ramakatumira naro. Kunyange ndichidemba idi rokuti nemhaka yedzvinyiriro yakanyanyisa yebasa kutozosvikira munguva pfupi yapfuura handina kukwanisa kuwana zororo rokurava bhuku renyu, ndinokutendai zvikuru nokuriratidza kwandiri.”

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(Akasaina) AMIR ABBAS HOVEYDA, Prime Minister.

***

Embassy yeAmerica, June 29, 1964.

Vanodiwa VaAterhov:

Tsamba yako yaKurume 28, 1964, yakanyorerwa Mutungamiri Johnson yakagamuchirwa kuWhite House, pamwe nekopi yakavharirwa yebhuku rako, 'RAW-EATING'.

Embassy yanzi isvitse kwamuri zvaPresident kuonga kufunga kwako mukumupa mukana wokuona bhuku rako.

WALTER G. RAMSAY,

Vashandi Mubatsiri kuna Ambassador, Tehran.

***

Windsor Castle, 27 Kubvumbi, 1964

Vanodiwa VaAterhov,

Ini ndinorairwa naMambokadzi kuti ndikutende netsamba yako kuna The Muchinda weWales, uye nekopi yebhuku rawanyora.

Hukuru hwake vakafunga kuti zvakanaka kwazvo kuti utumire bhuku iri kumwanakomana wavo, uye ndiri kukutumirai kukutendai kwechokwadi kwaMambokadzi.

MARY MORRISON, Windsor Castle, Lady-in-Waiting, England.

***

Paris, 29 AVR. 1964

Monsieur,

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Le General de Gaulle a bien regu la plaquette que vous lui avez aimablement addressee.

Monsieur le President de la Republique m'a chargé de vous remercier de l'intention qui a inspire cet anvoi.

(Siginicha) Secretary Particulier.

***

Moscow, June 21, 1964.

Vanodiwa VaAterhov,

Ndinobvuma nekutenda kugamuchirwa kwebhuku renyu 'RAW FOOD NDIYO MUSIMBO WEKUDYA', yandiri kuverenga ndichifarira.

S. KURASHOV, Minister of Public Health, ussr.

***

Phnom-Penh, 9 Janvier, 1965

Monsieur,

Je vous remercie sincerement de votre envoi de l'ouvrage 'RAW-ETING' dont vous etes l'auteur et vous felicite pour les recherches et les experiences que vous poursuivez sur l'alimentation.

Avec tous mes encouragements je vous prie d'agreer, Monsieur, l'assurance de ma haute consideration.

NORODOM SIHANOUK UPAYUVAREACH,

Chef de l' Etat du Cambodge.

***

Phnom-Penh, 11 '"August, 1964.

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Vanodiwa VaAterhov,

Nemufaro mukuru ndagamuchira bhuku renyu rinoshamisa rine musoro 'KUDYA-MAKASIRI'. Zita rebhuku rinondipa kuda kuziva kwakadzama pamusoro pezviri mukati maro.

Mushure mekupfuura nemubhuku ndine chokwadi chechokwadi chese chawakanyora mubhuku...

Bhuku racho rinokosha kwandiri. Ndinozvichengeta sechiyeuchidzo chisingakanganwiki kubva kwauri.

Zvino, ndingakukumbirai mvumo yokuturikira bhuku iri mumutauro wechiCambodian kuitira kuti ripe pundutso huru kurudzi rwangu. Ndinovimba kuwana kwako kutsva kwesainzi kuchaita shanduko nyowani mukupona kwevanhu sese.

CHUON NATH JOTANNANO,

Mukuru Mukuru weMamongi muCambodia.

***

Phnom-Penh, 25 Juillet, 1964.

Monsieur,

En accusant reception de votre manuel `RAW-EATING' que vous avez eu l'amabilite de me faire parvenir, j'ai l'honneur et le plaisir de vous informer que ce livre m'a beaucoup interesse et je vous en remercie vivement.

NORODOM KANTOL,

Le President du Conseil des Ministres, Royaume du Cambodge.

***

THE WHITE HOUSE, June 1, 1964.

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Vanodiwa VaAterhov,

Ndinokutendai nekunditumira kopi yebhuku renyu richangoburwa. ndiri kutarisa

mberi kwemaawa mashoma emahara apo ndichawana mukana wekuiverenga mukati mamwe mashoko.

RICHARD W. REUTER, Special Assistant kuMutungamiriri uye Mutungamiriri, Food For Peace, USA

***

Luxembourg, Chivabvu 13, 1964.

Vanodikanwa Changamire,

Yavo Royal Highnesses The Grand-Duchess uye The Hereditary, Grand-Duke weLuxembourg, vanoshuvira kuti ndibvume kugamuchira tsamba yako yemutsa ya23 Kurume 1964, iyo yawakatumira kwavari bhuku rako 'Raw-Eating'.

Humambo hwavo hwehumambo vakabayiwa mwoyo nerudo urwu uye vakandipa mhosva kuti ndikutumire. Kutenda kwavo kwakanyanya. Vachaverenga bhuku rako nekufarira kukuru.

Major Germain FRANTZ, Aide-de-Camp.

***

Taiwan, Nyamavhuvhu 18, 1964.

Vanodiwa VaHovannessian,

Ndakaverenga nechido tsamba yako yaMay 12 pamwe chete ne vhoriyamu yakavharirwa pa `Raw- Eating'. Ikurudziro inonyandura kufunga yawakaitira vanhu pazere, uye ndinofunga inofanirwa kunyatsoongororwa nevaya vane hanya nehutano hwedu uye nezvizvarwa zvinotevera. Ndapota gamuchirai kutenda kwangu kwechokwadi nekufunga kwenyu mukunditumira bhuku iri.

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CHEN CHENG, Mutungamiriri weRepublic of China.

***

Tehran, muna Gumiguru 18, 1964.

Cher Monsieur,

L'Ambassade de la RSF de Yougoslavie a l'honneur de vous informer d'avoir recu une lettre du Secretariat General de la Presidence de la RSF de Yougoslavie par laquelle est confirmee reception du livre RAW-EATING' dont vous avez eut l' mabilite d'envoyer au President Tito.

Le Secretariat General vous remercie cordialement, kana nom du President Tito, votre votre aimable envoie.

VLADIMIR MILOVANOVIC, Conseiller.

***

Transport House, London, 29 Kubvumbi, 1964.

Vanodiwa VaHovannessian,

Zvaive zvakanaka kuti munditumirewo kopi yebhuku renyu `RAW-EATING', ndichatora mukana wekutanga kudzidza misimboti yezvekudya yamunoburitsa.

AL WILLIAMS, Munyori Mukuru,

BATO REBATO

***

Washington, Chivabvu 15, 1964.

Vanodiwa VaAterhov,

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Maita basa nekopi yebhuku renyu, Raw-Eating', randakagamuchira nguva pfupi yapfuura. Zviri mukati maro zvakacherechedzwa, uye ndinotenda kufunga kwenyu mukuitumira.

JOHN M. BAILEY, Sachigaro, DEMOCRATIC NATIONAL COMMITTEE.

***

Berne, Kukadzi 26, 1964.

Changamire,

Tinobvuma kugamuchira uye tinoda kukutendai nekopi yebhuku renyu rine musoro unoti:

Raw-Eating (a general survey). Munhu wose anofanira kuziva zvinhu zvinokosha zvomuviri wake,' izvo zvataverenga nomufaro.
Nekurumbidza kwedu,

SWISS FEDERAL PUBLIC HEALTH SERVICE,

Mukuru weChikafu Kudzora, RUFFI.

***

Port-au-Prince, muna Chikunguru 16, 1964.

Vanodiwa VaAterhov,

Ndinokutendai zvikuru nebhuku renyu rine musoro unoti `Raw-Eating'. Bhuku rino richaverengwa kubva kubutiro kusvika kubutiro nekuti rakabata dambudziko richabatsira nyika yangu yose.

Ndinovimba kurudziro yako mubhuku ichasangana ne zvinodiwa zvevose uye ichave yakanyanya kutengesa gore rino.

Dhipatimendi DE LA SANTE PUBLIQUE ET

DE LA POPULATION, GERARD PHILIPPEAUX, MUNYORI WE STATE,

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Republique d'Haiii.

***

Berlin, June 4, 1964.

Vanodiwa VaAterhov,

Mutungamiri weGerman Democratic Republic, Walter Ulbricht, anotaura kutenda kwake kwechokwadi nekabhuku kamakamutumira.

Senguva dzose zvirevo zvako zvinogona kutsoropodzwa zvakadzama - zvizhinji zvacho Chokwadi kuva pamusoro pezvese zvinofungwa nanyanzvi: chiremba, nyanzvi yezvekudya kunovaka muviri, nezvimwewo. Zvakadaro, tinobvumirana nemi kuti nhamburiko dzose dzinofanira kuitwa kuunza hutano hwakanaka hwekudya.

Hurumende yeGerman Democratic Republic, uye kunyanya Bazi rezvehutano, vanoteerera zvakanyanya kumubvunzo uyu. Kuti ugadzire mararamiro ane hutano, komiti yakaumbwa pano munguva pfupi yapfuura, chimwe chezvazvo ndechekuparidzirwa kwemitemo yakarurama yezvokudya.

HUTH, Chief Advisor, Chancellery of State.

***

La Habana, 24 de agosto de 1964.

Estimado chiremba:

Acuso recibo de su amable envio del libro `Raw-Eating', genteleza que aprecio muy sinceramente y espero disfrutar de su lectura y recoger del mismo, las ideas y orientaciones valiosas quesu experiencia en esta materia nos trasmite des interprecio de intercos.

Dr. JOSE R. MACHADO ' VENTURA, MINISTRO-DE SALUD PUBLICA, Cuba.

***

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La Paz (Bolivia), Chikunguru 10, 1964.

Ndinokutendai zvikuru nekopi yebhuku renyu re'Raw Eating'. Ini handisati ndariverenga rose, uye ndangoenda pane zvimwe zvitsauko. Mazano aunotaura mavari anokurudzira kunyange zvazvo achipokana. Handisati ndakwanisa kuvapindura, asi ndinoda kukuzivisai nezvokugamuchirwa kwebhuku renyu uye fariro yarakaita mandiri.

Dr. GUILLERMO JAUREGUI G. Gurukota reHutano Hwevanhu.

***

Beograd, Kubvumbi 20, 1964.

Izvi ndezvekukutendai nekunditumira kopi yebhuku renyu rine musoro unoti 'RAW-EATING', izvo zvichamutsa kufarira kukuru kune avo vane hanya nematambudziko ekudya kwakakwana.

MOMA MARKOVICH , Federal Secretary for Health and Social Policy.

***

Tsamba dzekurudziro nokuonga dzakagamuchirwawo kubva kuvanhu vanotevera:

Mambokadzi weNetherlands; Mambo weDenmark; Mambo we Siwidheni; Mambo weBelgium; Antonio Segni, Mutungamiri weRepublic of Italy; Adolf Scharf, Mutungamiri weAustria; Fransico Orllch, Mutungamiri weCosta Rica; S. Radhakrishnan, Mutungamiriri weIndia; de Lisle, Gavhuna-Mukuru weAustralia; Urho Kekkonen, Mutungamiriri weFinland; Eamon de Valera, Mutungamiri weIreland; P. Van de Calseyde, MD Mutungamiriri weWorld Health Organization, Copenhagen, Denmark; Miss la Marsh, Gurukota reNational Health and Welfare, Canada; CH. Shapira, Gurukota rezvemukati menyika, Israeri; Alfonso Ponce Archila, Gurukota rezvehutano, Guatemala; Abbebe Retta, Gurukota rezveHutano Hwevanhu, Ethiopia; Yuichi Saito, Chief Liaison Officer, Ministry of Health

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Welfare, Tokyo; Shri Mohanlal Vyas, Gurukota rezvehutano neBasa, Gujarat, India; MacEntee, Gurukota rezvehutano, Ireland; Marga AM Klompe, Gurukota rezvehutano, Netherlands; Giorgio Borg Olivier, Mutungamiriri weMalta; Gudrun Sanz naElsie Waerndt, Nobel Foundation, Sweden; J. Grimond, Leater weLiberal Party London; Pierre Werner, Mutungamiriri weLuxembourg; Sean F Lemass, Mutungamiriri weIreland; Robert G. Menzies, Mutungamiriri weAustralia; Mehdi Nawaz Jung, Gavhuna weGujarat, India; Maharaja Shri Jaya Chamaraja Wadiyar Bahadur, Governor of Madras, India; SK Patil, Gurukota reChikafu neKurima, India; PC Sen, Mutungamiriri Mukuru weWest Bengal, India; William Gopallawa, Gavhuna Mukuru weCeylon; Lester Pearson, Mutungamiriri weCanada; Sampurnanand, Gavhuna weRajastan, India; Shri Partap Singh Kairon, Mutungamiriri Mukuru wePunjab, India; Robert Fraser, Independent Television Authority, London: Mr.

Sarnoff, Mutungamiriri, National Broadcasting Company, New York, zvichingodaro pa...

Tsamba dzakatumirwa kunyika dzakawanda asi sezvamunoona, dzimwe tsamba dzakanga dzatumirwa kune vezvematongerwo enyika venyika dzisina simba dzine nzara nenhamo nezvimwe zvinetso nokuda kwemitemo yavo yenhema, ine ngozi uye inopikisa rusununguko, saka kana vakashandura nzira yavo. uye vobatsira vanhu vavo ipapo vanogona kuva rudzi rwakapfuma uye rune rugare rwakabudirira. Raw Veganism kiyi kwavari kana vakachinja nzira yavo.

Chiziviso chinotevera chakabudiswa mubato repamutemo reVegan Society, Great Britain (Gunyana 1964): “Kurasikirwa kunosuruvarisa kwomwanakomana wake ane makore gumi okukura nomwanasikana ane makore 14 okukura nezvaakasvika pakuziva sokudya kusiri kwomuzvarirwo, akaita Arshavir Ter Hovannessian kuita ongororo yakadzama yekudya - mhedzisiro iri mu'RAW-EATING', kabhuku (7/2d) isu tinofara kugamuchira kubva kuTehran.

Nenzira inopwisa anoparadza dzinenge mifungo yedu yose yatagara tichifunga nezvekudya, uye kunyange mavegan, nezvokudya zvawo zvakabikwa, zvinogona kunzwa kuzunguzika.

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Hapana zvisina musoro nezve mavhitamini ekugadzira uye pamwe mukuomerera kwake kune chikafu mbishi anogona kunge aratidza nzira yekutenderedza bogey yevhitamini B12 uye mamwe mavhitamini 'akakosha'.

Hatigone kupa nharo dzake, asi mumwanasikana wake, ane makore matanhatu Anahit, uyo asati ambodya chimedu chimwe chezvokudya zvakabikwa kana kuti zvakasakara muupenyu hwake, ari humbowo hunokatyamadza hwekushanda kwechikafu chaakashanduka, uye chatinonyora pano..."

Vanobva vadhinda, zvizere, apendikisi inopiwa pamagumo e bhuku, pamwe nemufananidzo waAnahit.

***

Wilmslow, Kubvumbi 20, 1964:

Ndinokutendai zvikuru nemutsa wenyu mukutumira kopi yeRaw-Eating'. Ndine chokwadi chekuti zano racho rine mutsindo uye isu tinoziva hukuru hwekugadzirisa hunhu hwekudya mbishi chikafu.

Kana muchida kunditumira mufananidzo wemwanasikana wenyu akanaka Anahit (sezviri pabutiro rekuseri), ndichafara kuriburitsa muTHE BRITISH VEGETARIAN gare gare gore rino pamwe chete neapendikisi kubva mubhuku renyu.

GEOFFREY L. RUDD, Munyori & Mupepeti, THE VeGETARIAN SOCIETY

Geoffrey L. Rudd, Bank Square, Wilmslow, Cheshire, England.

***

Malaga, Chivabvu 28, 1965.

Shamwari yepamoyo,

Tapota titumirei kamwechete gumi nemaviri ebhuku renyu rakanaka pa'Raw-Eating'. Tichatumira mari yekutumira nekukasira pakubhadhara, pamitengo yekutengesa zvakare. Tichange tichiita rwendo rwehurukuro kuEngland & Wales Matsutso ano, uye tichatarisira kushandisa bhuku kune zvakanaka ipapo.

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H. JAY DINSHAH, Mutungamiriri, THE AMERICAN VEGAN SOCIETY,
H.Jay Dinshah, Pres. Malaga, New Jersey, USA

***

Mwanakomana wemushakabvu Dr. Bircher-Benner, Dr. Ralph Bircher, akaisa a mapeji matanhatu anotungamira chinyorwa muDER WENDEPUNKT, iyo nhengo ye Bircher-Benner Clinic muZurich (Chivabvu, 1964), pasi pezita re "Alles-oder-nichts-Lehren fiber Ernahrung" (Zvese kana Hapana-Dzidziso ye Nutrition), iyo inogona kupfupikiswa sezvinotevera:

"Mumativi maviri akasiyana epasi, maviri anopesana zvachose dzidziso dzezvokudya zvinovaka muviri dzakaiswa pamberi. MuCalifornia, muongorori anonzi Wirnitz akagadzira hupfu husina kunaka husina kunaka kubva mumusanganiswa wemakemikari makumi mana nemasere. Ne'chikafu' ichi chokugadzira, anoita ongororo pavasungwa 18 uye, asingamirire migumisiro, anokurumidza kufutunura zvinotarisirwa kuvatapi venhau nguva isati yakwana." Pashure pokutaura zvishoma pamusoro pezvisina musoro zveanonzi musayendisiti iyeye, muongorori anoenderera mberi. Nekune rimwe divi, patafura yedu yekuongorora, tine bhuku diki rine dzidziso inopesana zvachose nezvekudya, inomiririra maonero ekuti 'Zvose kana Hapana': Aterhov/Raw-Eating. Chirungu chakanakisa uye ipfupiso yemavhoriyamu maviri makuru echiArmenian.

Mumwe anoona mairi kuvapo kwemwanakomana wekare tsika yepamusoro yeAryana. Pasina kuzvivimba kudiki ... anomiririra chikafu chemuriwo chakachena sechikafu chepanyama uye chega chega chega chega chekudya chemunhu, uye muzera redu rekutsvaga kuwirirana anoita izvi nehutsva hwakajeka, hwakajeka hunopfuura hwemunhu hwese zvekuti zvinogona kuitika. yaizobhadhara kushandura bhuku duku iroro muchiGerman."

Mushure mekudzokorora pfungwa dzinokosha dzepfungwa dzangu imwe neimwe, munyori anotaura zvimwe zvesainzi izvo zvinonditsigira;

"Atova makore makumi mana apfuura Walter Sommer akashamisika kuti sei Bircher-Benner akanga asina kuenda kure mumaonero ake kuti ataure kuti zvokudya zvakasvibira ndicho chikafu chega chevanhu. Mukuda kweAterhov ichokwadi chokuti maererano nekutsvakurudza kwezvino (Reader's Digest, January, 1964)

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munhu akararama ne (zvinenge zvakachena) kudya kwemuriwo kwemiriyoni nehafu uye nokudaro, mumwe angafungidzira, awana kukura kwake kwepamusoro kwechisikigo. Mukuda kweAterhov ndeyekuonekwa kunoshamisa kwekushaikwa kwemazuva ano pakati pezvinovaka muviri nemavhitamini, iyo 'nzara inosimudzira', iyo 'nguva yekunonoka (Dammerungszone) muhutano husina kunaka', basa re'terrain' muzvirwere zvinotapukira, hupfumi hukuru mumetabolism panguva yekudya kwemuriwo mutsva, hukuru hwehupenyu hwemapuroteni emiriwo, kunyanya muchikafu chisina kubikwa, kuvimbika kwezvinovaka muviri, izvo zvisingambofa zvakagumbuka, uye tarisiro yekudya kwakadaro mukutarisana nekushomeka kwezvekudya pasi rose. ”

Maererano nemuongorori, varume vanovheyesa pakati pemapango maviri aya akanyanyisa. Mukuona kwake zvingangove zvakanaka "kusambozorora pakati." Uye anopa muverengi kuti amire pedyo neAterhov pane Wirnitz.

***

Ashingdon, Rochford, Kukadzi 28, 1964.

Vanodikanwa Changamire,

Ndinokutendai nekuona bhuku renyu Raw-Eating'. Kana iwe uchiziva rondedzero yedu yezvinyorwa iwe uchaona kuti tinobvumirana nemwoyo wose nemafungiro ako anokosha. Isu tiri kunzwira tsitsi zvizere nemaonero ako uye nenzira isingadzivisiki, muchiedza chezviitwa zveKambani ino, tinobvumirana nezvawawana.

Tinoda matauriro ako panyaya yezvokudya zvevana. Zvakanyanya zvakanaka chokwadi. Ichokwadi kuti mwana muduku anofanira kuita kuti kuravira kwake kwomuzvarirwo kwezvibereko mbishi kutsauswe nemaune nokuda kwezvokudya zvakabikwa. Uye tinoyemura mabatiro enyu akazara echidzidzo chenyu, nekuti mukati mechikamu chemapeji makumi mashanu nenhatu maunza kupokana kwese mukufarira, kungave kubva pakuona kwehupenyu hune hutano, kana kukunda uye / kana kudzivirira zvirwere, uye kutora. mu account the

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zvokurapa uye zveupfumi, zvichitobata pamusoro pemugumisiro wetsika wepasi rose.

...Zvinosuruvarisa kuti vangave vabatsiri kune vanhu havagamuchire kurumbidzwa uye mamwe (zvinhu) mibairo kunze kwekunge vashanda kuburikidza ne'kugadzwa.' Zvikasadaro chii chisingagone kuitwa nechero chegumi chemazana ezviuru zvemapaunzi anopiwa 'kutsvagisa' nemasayendisiti anowanzo dhirowa mablanks mushure menguva, kunyangwe kana mhedzisiro yacho isina kukuvadza.

THE CW DANIEL COMPANY LIMITED Ashingdon, Rochford, Essex, England.

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Mexico, DF Kubvumbi 23, 1964.

Vanodiwa VaHovannessian:

Tichangobva kugamuchira bhuku rako RAW-EATING' uye chete mune ndichiona, ndinoona kuti zvinonakidza uye kuti uri kunyatsoita basa rakanaka kuyedza kugonesa vanhu kuti chakanakisa kutevedzera hunhu pasina gadziriso dzisina musoro dzakaitwa nevanhu nazvo.

Ing. CALCCS PRIETO LOSANO. General Manager. INTER - AMERICAN ASSN. OF SANITARY ENGINEERING, Alfonso Herrera, 11-103, Mexico 4, DF

***

Shamwari House, Kubvumbi 13, 1964.

Bhuku renyu reRaw-Eating' rakauya kuFriends Service Council uye ndanga ndichida kuriverenga. Ndichange ndichiitumira kuLibhurari yeFriends Vegetarian Society, kwandinovimba inogona kubatsira kune vamwe.
Ndinokutendai nebasa rakanaka ramanga muchiita mukunyora kwenyu uye mukurarama nenzira iyi iri nyore nezvokudya zvakasvibirira zvechisikigo. Kunoratidzika kwandiri sechiratidzo chetariro nokuda kwezvokudya zvenyika norugare pasi pano. ndinozvitenda

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kunofanira kutiita kuti tinyanye kubvuma chiedza chomudzimu. Parizvino ndiri 'vegan' (muriwo, kusatora mazai, mukaka, uchi nezvimwewo), saka ndinokoshesa mazano enyu, uye ndinotenda kuti vanhu vakawanda vari kuuya kuzoona iyi senzira yakarurama yekurarama. Ikozvino kune nzanga dzakasiyana, vanhu vanodya miriwo uye vanoda runyararo, uye izvi zvinofanirwa kubatsira kubatana kwenyika.

QUEENIE DAWE, Friends House, Euston Rd. London, NWI

***

Israel, Ndira 22, 1965.

Vanodikanwa Changamire,

Mushure mekuverenga bhuku renyu Raw-Eating', tinoda kuverenga mamwe mabhuku enyu echiRungu... Dai vanhu vakangofunga nekunzwisisa kuti vanogona kuva neutano hwakanaka uye kufara pasina marara ose avari kutora mumiviri yavo! Iwe uri muprofita wenguva yedu.

M. NEZAH, Dr. Of Naturopathy, Pres. Israel Naturopathic assn.
Nezah Estate, Mishmar Hashiv'a, Israel.

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Dear Changamire:

Ndaverenga bhuku renyu Raw-Eating' uye ndinorifarira zvikuru. Inonakidza kwazvo mumativi ese, nekuti chikafu chinofanirwa kudyiwa sezvazvinogadzirwa nemusikirwo.

Pfungwa dzako dzakakosha dzakafanana nedzandakatsigira mumabhuku angu nezvinyorwa, kare kare ... Ndinoda kuishandura muchiSpanish, kana iwe uchibvuma pfungwa. Kana musine hanya, ndapota nditumirei kopi pachangu. Ndiri kuita wongororo yemagazini yeSpanish: Bionomia, yakaburitswa kuMadrid, Spain...

A. Severon, Dr. weNaturopathy, Colunga, La Riera, Spain.

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Boston, Chikunguru 5, 1966.

Kwaziwai VaAterhov:

Akavharirwa uchawana madhora gumi pazvibhuku zvinomwe zvako zvine musoro unoti Raw-Eating'. Izvi zvinosiya mari yasara yemadhora matatu kuti ivhare mutengo wekutumira akawanda wetsamba yako Nha.1 sezvaunokwanisa.

Isu tinofarira zvikuru bulletin yenyu Nha. 1 nokuti idonzo redu kutumira kopi yayo kuvanhu vakawanda vanotinyorera maererano nezvinetso zvoutano hwavo. Tinonzwa tine chokwadi chichava chikomborero kuvanhu vakawanda.

Tichazvionga kana ukatipa mvumo yekuita makopi echinyorwa chenyu cheNhamba 1 sezvo, chokwadika, hatingafungi kuita izvi pasina mvumo yako. Kana mvumo yapihwa hatizowedzeri kana kubvisa izwi rimwechete. Isu tiri Sangano Risingabatsiri uye tine chido chechokwadi chekubatsira vanhu vanotambura kuti vawane nzira yekudzokera kuhutano uhwo hunhu hwaida kuti tive nahwo. Isu tine chokwadi chekuti iwewo unokurudzirwa nechishuwo chimwe chete.

Ndinovimba, VaAterhov vanodiwa, muchapa iyi ngwariro yenyu yomunhu oga uye regai ndinzwe kubva kwamuri netsamba yendege nokukurumidza pazvinenge zvakunakirai kuti muite kudaro. Tichazvitenda zvikuru kana mukaisa mashoma emashoko enyu Nhamba 1 mutsamba yenyu yepamhepo."

Muvambi, THE RISING SUN, NATIONAL MEDICAL- PHYSICAL RESEARCH FOUNDATION, INC.

Yakarongwa muna 1908 se "Fundamental Research Society" naNicola Tesla, Thomas Edison naFrancis Richards. ANN WIGMORE, DD
Mutungamiriri Mukuru, 25 Exeter St. Boston

***

Los Angeles, Chikumi 23, 1966.

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Mudiwa wangu Frater:

Munyori nguva pfupi yadarika akawana bhuku rako rakanyorwa zvakanaka uye rinojekesera, rakanzi Raw-Eating', uye akanakidzwa zvikuru nekuverenga kwaro. Anoda kukupa makorokoto ake echokwadi pamusoro pemharidzo iyi yakadzidzwa, uye kunyanya nerutsigiro rwako rweushingi uye tsigiro yekudya zvisina kubikwa, zvekudya zvepanyama.

Iyi nzira yekudya yakagara ichinyatsonyoreswa, kutaura zvazviri, pakugadzira zvigadzirwa zvemagetsi ekurapa, akanyora zvakawanda zvekudya zvevanachiremba uye vanamukoti makore makumi mana apfuura kana mukati 1926, izvo zvakakurudzira hukuru hwe 'mbishi'. zvekudya mukudya kwezuva nezuva...

Munyori akaitawo tsvakiridzo yakareba muminda yemagetsi emanations uye radiations, uye gare gare mune zvakakosha zvidzidzo zvekurima chemistry, zvinosanganisira kwete huwandu chete, asi hunhu hunodiwa kuzadzisa zvinokatyamadza zvinodiwa nevanhu nhasi ...

Tisati taenderera mberi, ngatibvunzei kana paine yako yapfuura mavhoriyamu akanyorwa neChirungu? Zvinocherechedzwa kuti imwe yacho yakabudiswa muchiArmenian. Kana zvakadaro, munyori angade kudzidza zvakafanana kuti awane dhigirii rakazara rekunzwisisa basa rako rakakosha rekubatsira vanhu.

Nenzira yetsanangudzo, ngazvitaurwe kuti munyori akazvipira nguva yakawanda uye kushanda nesimba pakupedzwa kwechinyorwa chakazara, chave kuda kupera, chakanzi The Supersensible Rescue of Man', icho chinobata nyaya yakadzama...

Asati arega izvi zvisiri izvo, munyori angataura here kuti bhuku renyu mupiro unokosheswa kurudzi rwomunhu uye rakafanirwa nokurava nokudzidza kwakapararira? Munhu anokundikana kufunga kuti upenyu hwezvirimwa ndiyo chete fekitari yezvokudya zvinogutsa, uye kuti mhuka kana kuti iye haangagoni kuvapo pasina chirimwa, kusika uye kupa nenzira inowirirana maminerari anokosha nezvinhu zviri mumamiriro ezvinhu epanyika kuti awane chouviri chake. Anenge achi

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'mbishi' seisina kucheneswa, isina kuchena, isina kukodzera uye isina kugadzirira kushandiswa kwake kana kunakidzwa ...

Sokunyora kwakaita Dr. Alexis Carrel makumi anoverengeka emakore apfuura: 'Vanhu havagoni kutevera budiriro yemazuva ano sezvairi kuitika iye zvino, nokuti iri kuderera. Ivo vakafadzwa nekunaka kwesainzi yeinert matter. Havana kunzwisisa kuti muviri wavo nekuziva zvinoiswa pasi pemitemo yechisikigo, yakavanzika kupfuura, asi isingachinjiki se, mitemo yepasirese (astral) yenyika. Havanawo kunzwisisa kuti havagoni kutyora mitemo iyi vasina kurangwa. Ivo vanofanirwa, saka, kudzidza hukama hunodiwa hwepasirese, zvevamwe vavo, uye zvemukati mavo, uye zvakare iwo enyama yavo nepfungwa dzavo. Kana akaora, kunaka kwebudiriro, uye kunyange ukuru hwechisiko chapose pose chinooneka, zvaizopera.' Dr. Carrel anowanzo taura nezvekuti kuvakwa kwezvipatara zvakanyanya uye zvakanyanya hazvikundi kudiwa kwekutarisana nezvikonzero pane kuramba uchitarisana nemigumisiro chete.

Saka tine zvakawanda zvekuita kudzidzisa vanhu uye kudzokera kune zvakasikwa zvakakosha, njere uye kuzadzikiswa kwemabasa edu nemabasa.

Dr. ARIHUR B. WALKER, 439 S. Sherbourne Drive, Los Angeles, Calif. USA

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Allegany, NY Gumiguru 28, 1966.

Vanodiwa VaAterhov,

Rimwe remabhuku enyu 'Raw-Eating' rauya mumaoko angu uye ndiri kufadzwa zvikuru nezviri mukati maro; zvakanyanya, zvekuti ndakatora iyo Raw Eating regime. Ndine purazi pano kwandinosimudza michero yangu, nzungu nemiriwo organically, uye ndinofarira kubatsira vamwe kuburikidza neRaw Eating kuti vawane hutano hwakakwana; saka neizvi mupfungwa ndiri kukutumira gwaro rebhangi remadhora makumi maviri ekubhadhara mubhadharo wemakopi makumi matatu

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bhuku rako. Zvakare ndingafarire akati wandei makopi enhau yako Nha. 1 yekupa kushamwari dzangu...

Ndichaita zvose zvandinogona kusimudzira bhuku renyu munyika ino sezvo rakandibatsira kuwana nzira yakanaka yehutano chaihwo. Ndine kutevera kukuru kuno kuUnited States uye ndakazvipira kune chikonzero cheUTANO HWAKANAKA kuburikidza nekudya nekurarama chaiko. Ini ndiri nhengo yeAmerican Natural Hygiene Society. Ndine chinangwa chekuenderera mberi nekuparadzira vhangeri reRaw-Eating' kuburikidza nebhuku rako uye ndinotenda kuti richaunza mamwe maodha akawanda muhuwandu hukuru hwebhuku rako. Ndine purazi rakanaka pano, uye kana ukauya munyika ino, wakasununguka kuuya kuzogara semuenzi wangu.

Mr.AJRUGGIERI, W. 5 Mile Rd. Allegany, New York. President
yeGOOD GUYS OF THE GLOBE *"Rugare: Good Will Towards Men"*

***

Meadows of Dan, Gunyana 1, 1966:

Shamwari inodiwa, ini ndiri mudyi wenyama uye mbishi chikafu, ndinoparidza nekudzidzisa izvi. Ndawana bulletin yenyu nhamba 1 muMount Zion Reporter ndikaricheka ndikaita reprint kuti ndipe mahara... Ndakakutsika netsoka here ndisingakubvunzei, uye munondipa kodzero yekudhinda here? zvakawanda zveizvi zvekupa mahara kushamwari yangu inorwara?... Ndine bhuku rinokosha 'Nature The Healer' rakanyorwa naJohn T. Richter, asi ndinoda kuona zvaunotaura. Ndapota nditumirei 'Raw-Eating', uye kana izvi zvakaenzana neNature Muporesi ndichada akawanda acho kuti ndipe kune vamwe vangu. Ini ndiri munyori wematurakiti zvakare, asi handisi chiremba...

Zvita 11, 1966:

Ndakafara zvikuru kugamuchira mabhuku pamwe chete netsamba yako yakanaka…Shamwari, ndinofunga bhuku rako riri pamusoro; Ndaitsvaga diki pane Nature The Healer. Hakuna basa rinopfuura kujekesera vanhu kukosha kwechikafu chisina kubikwa. Ndinofunga kuti bhuku renyu rinoshanda zvandinoda iye zvino, sezvakaita bhuku guru, uye rinobudisa zvimwe zvinhu zvakanaka zvakare. Hongu, ndinogona kushandisa mabhuku amakatumira... Ndinoda mamw

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mabhuku. Ndiri kuenda parwendo rwoumishinari kuFlorida uye ndinogona kushandisa mabhuku enyu akawanda parwendo urwu. Ndiri kunze kunoparadzira kudya kwakabikwa muchimiro ichi, uye ndinoshevedzwawo kuti nditore dzimwe nyaya kuti ndivawane pakudya mbishi. Parizvino mumwe mukadzi akarara pedyo nekufa, akapotsa araswa kufa nemachiremba. Ari kundikumbira kuti ndimubatsire pakudya, ndinovimba kuita izvi munguva pfupi ...

Mai IW Carroll, Bhokisi 240, Meadows yaDan, Va. USA

***

Israeri, Nyamavhuvhu 22, 1966:

Kwakanyanya Kudiwa VaAterhov. Zvirikufara kuti nhasi ndapedza kuverenga bhuku renyu rakanaka RAW-Eating'. Kana vanhu rimwe zuva vachanzwisisa kukosha kwekudya kwechisikigo, uku kuchava kutanga kwenguva itsva munhoroondo yehupenyu hwevanhu; ichangova PARADISO.

Nemvumo yenyu, regai ndizvizivise. Zita rangu ndiJoseph Razon, ndine makore makumi mana nematatu, ndakauya kuIsrael makore matatu apfuura uye ndinoshanda sachiremba muKupat Holim Medical Organisation. Handinzwi kufara mubasa rangu remazuva ose, nokuti ndinosungirwa kupa mishonga (chepfu). Kunyangwe ini ndichiedza kuraira hushoma hunokwanisika (primum non nocere), handisi kugutsikana nemaitiro angu ehupfu-pusher! Ndinofanira kushanda nekuti ndiri murume akaroora! Mudzimai wangu anobva kuTehran... Ndaverenga bhuku renyu, ndakafunga kukunyorerai uye ndichikumbira kuti mungatitumire mabhuku emudzimai wangu mumutauro wechiPersian. Ndine chokwadi chekuti kana akaverenga nezvechikafu chechisikigo uye nemhedzisiro yacho pamuviri wemunhu, haazoshinga kudyisa mwana wedu (tiri kutarisira mwana) nezvinhu zvakafa!

Ndinoda kukupa zvishoma nezvezviitiko zvangu muIstanbul makore mashoma apfuura. Ndaive Munyori Mukuru we'Turkish Vegetarian-Hygienist Society' uye ndaiva mumwe wenhengo dzainyanya kushanda mubato. Ikoko Vezvokurapa Masangano neMaindasitiri eMakemikari vakaona njodzi mukufamba kwedu kwemuriwo nokuda kwechepfu yavo uye somuJudha ndini ndakanga ndiri nzvimbo isina kusimba yavakawana iri nyore kuparadza. Ivo

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ndakaita zvakaipa zvakawanda kumunhu wangu uye ndaifanira kusiya zvachose nyika yandakaberekerwa, kwandakanga ndadzidza uye ine vanhu vandaida. Asi ndaifanira kuuya kuIsraeri. Sezvineiwo, pano tinogona kutaura nekunyora takasununguka nezvezvinomera uye kurarama kwepanyama. Kune vanopfuura 20 naturopathic vanachiremba uye isu tinewo musha wezvinomera, AMIRIM, pedyo neguta reSATAD mumakomo eGaril!

Vhiki rapfuura ndakashanyira nzvimbo iyi kechipiri, ndainzwa kufara uye ndaida kugara uye kugarapo. Asi chekutanga ndinofanira kugutsa mukadzi wangu. Ndapota, ndinokukumbirai kuti munditumire mamwe mabhuku echiPersian nezvenyaya yacho.

Zvaifadza kutarisa mufananidzo waANAHIT, unoyevedza uye utano. Mumwe anogona kunzwa hutano hwake nekungotarisa mufananidzo wake.

Mbudzi 12, 1966:

Waive mufaro chaiwo kugamuchira kabhuku kako kanonakidza zvikuru kaRaw-Kudya' mushanduro yayo yechiPersian. Ndinokutendai uye ndinovimba kuti mudzimai wangu achanzwisisa nyaya yacho zviri nani. Ndinotarisirawo kuti mwana wangu achasununguruwa kubva mukukuvadzwa kwezvokudya zvakabikwa, zvisiri izvo! ... Pasinei nebasa rangu musangano rezvokurapa ndinotarisira vanhu vanoda kutevera mararamiro ehutsanana. Pandakanga ndiri kuTurkey ndaichengeta varwere vangu semugadziri wehutsanana. Iye zvino muIsrael ndine kutanga kuwana chokurarama nacho, saka ndinofanira kushanda musangano rezvokurapa.

Nokukurumidza kana kuti gare gare ndichafanira kushanda mumunda usina mishonga chete. Asi pasina hutano hwekutandarira izvi hazvingave zvinogutsa zvakakwana, saka pamwe nevamwe varapi venaturopathic tiri kutsvaga vanhu vanoda kutibatsira! Ndinovimba kuti munguva pfupi iri kutevera ndichakuudza zvakawanda nezvazvo.

Dr. JOSEPH RAZON, 170/2 Arlozorov St. Kiryat- Malakhi, Israel

***

Baldwin Park, Calif. Kubvumbi 14, 1966.

Shamwari yepamoyo:

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Ndakafara kuona chinyorwa chenyu pamusoro peRaw-Eating mu'Mount Zion Reporter' yeJerusarema, Israel. Mupepeti ihama yangu. Ndinofara kuti mataura nezvebhuku renyu mubepa rake. Ndinofarira zvikuru mamwe mabhuku ezvokudya zvisina kubikwa, naizvozvo ndiri kutumira odha yangu, yokutanga, sezvandinoda kuparadzira iyi zvokwadi inodikanwa zvikuru.

Chikumi 20, 1966.

Ndagamuchira mabhuku enyu anokosha. Ndivo chete zvandinoda ... Ndinokoshesa mabhuku acho zvakanyanya, uye ndinovimba vanhu vazhinji mumarudzi akasiyana vachaawana sezvo ndakava nerombo rakanaka kuita kudaro...

November 13, 1966. Ndinofara kuti zvino ndinogona kuodha mamwe amabhuku enyu, Raw-Eating'. Ndizvo zvinodiwa nevanhu. Ndaida kutumira odha iyi nekukurumidza, asi ndakamirira kusvika ndapedza mari yacho. Ndinofunga nguva inotevera pandichakurumidza kuhodha, sezvo ndiine zvimwe zvinhu zvinotarisirwa... Ndinogara ndega, ndichave nemakore 89 ekuberekwa musi wa5 Kukadzi 1967, saka handikwanisi kubuda nemabhuku ndokuatengesa se wechidiki anogona. Ndiri kunyora zita rangu nekero mumabhuku uye ndichikweretesa kune vachaverenga. Ndinoda kuti mabhuku afambe-famba kuitira kuti ndisakwanise kuapa kuti arare pamba pemumwe munhu...

makore maviri apfuura. Ndakashanda mugadheni mangu makuseni ese aya, uye handisi kuneta...

ORAF. CARPENTER, California USA

***

Alberta, Kubvumbi 9, 1966.

Vanodikanwa Changamire,

Ini ndiri muverengi we 'Mount Zion Reporter', uye ndiri kufarira chinyorwa `Kukosha Kwechikafu Chikafu'. NDIRI MUKURU wemakore 75, uye ndinongofarira kubatsirwa nehunhu hwechikafu chakabikwa. Ndanga ndiri mutambi mumazuva ekutanga-asi ndakazvipira kune zvakabikwa zvekudya zvekudya.

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Dambudziko nderekuwana mhando chaiyo yemiriwo nemichero—isina majekiseni ane mineral, muno muCanada.

GEORGE BAIN SUTHERLAND, Canada.

***

Swansea, Kurume 1, 1964.

Vanodiwa VaAterhov,

Kutanga kwaNdira, ndichiona chirongwa che'TONIGHT' chiripo terevhizheni yangu, ndakafadzwa nokuona bhuku renyu, uye nokunzwa zvinyorwa zvishomanana zvichiverengwa mariri. Ndanga ndichida chaizvo kuva nekopi yebhuku renyu. Saka ndakanyorera kuBBC kuti ndiwane ruzivo rwakakwana rwemuparidzi, nezvimwewo. Maiwe, ndakazoziviswa, pakupedzisira, kuti hazviwanikwe munyika muno. Zvisinei, vakanditumira kero bedzi yavakanga vanayo, naizvozvo ndakasarudza kukunyorerai kana bedzi ndichikutendai nokukushuvirai kubudirira kwose mukuparadzira shoko renyu. Ini ndinobvuma, nemoyo wese, kuti kupindwa muropa kwekudya ndiko kwakanyanya kukuvadza pane zvese zvakaipa. Iyi ingave nyika yakasiyana sei, kana vanhu vakashandura tsika dzavo dzekudya sezvakakurudzirwa mubhuku rako. Muenzaniso wako ndiyo nhamburiko yepamusoro-soro yezvakanaka zvevanhu munyika nhasi. Kwaziwai kwamuri—Muporofita mukuru wezera rino...

April 29, 1964. Rakanga riri zuva rinofadza zvakadini Chitatu chapfuura apo bhuku netsamba yako zvakasvika. Yatora, uye dzimwe nguva yakandishamisa. Pamusoro pazvose, zvakandijekesera nekundikurudzira patsva. Kubvira ndichiri mwana, pandakabata nomusoro mashoko akawanda paSandesikuru, ndakatsvaka CHOKWADI. ('Muchaziva chokwadi, uye chokwadi chichakusununguraí'). Kutsvaga kwakanditungamira mumakereke akasiyana, kuRationalism, ipapo kuVegetarianism neFood Reform uye Nature Cure uye, pakupedzisira kuTheosophy ine chete inogamuchirwa (kwandiri) tsananguro yezvinetso zvehupenyu-Karma uye Kuberekwazve. Rwendo rwakareba sei. Uye pano, pakupedzisira, ndakatarisa bhuku renyu, ndinonzwa 'IZVI NDIZVO'. Ndinokutendai nechipo chakanaka kudaro, uye koshesa tsamba yako zvakare...

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February 3, 1966. Wakanga uri mufaro mukuru kunzwa kubva kwauri zvakare, uye to dzidza kubva pachipepa chako kubudirira kwakawanda kwakaitwa nevaya varikutevedzera muenzaniso wako... Unozofarira kuziva nezvemuzukuru wangu. Akave nekunetsekana kwekutya muna 1964, uye aive muchipatara cheMental Hospital kwenguva pfupi. Achangobuda, ndakakwanisa kumutumira kopi yebhuku renyu... Akaenda kuRaw-Eating sedhadha kunonwisa mvura, uye akapora zvinoshamisa. Zvakachinja maonero ake ose uye unhu hwake, uye iye zvino ari kufamba zvakanaka muzvidzidzo zvake. Iye mudzidzi wehunyanzvi paManchester University.

Mai Gena Harries, 11Hston Place, West Cross, Swansea, Glamorgan, England.

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Southsea, Kukadzi 20, 1964.

Vanodikanwa Changamire,

Ndinosungirwa kana mukandipa madetails ekuti ndowana sei bhuku rakanzi 'RAW- KUDYA' neATERHOV. British Broadcasting Corporation muLondon yakandipa kero yako sezvavakandizivisa kuti bhuku racho raisawanwa muBritain. Ndinoda zvikuru kuva nekopi.

19 Kurume, 1964. Ndinotenda zvikuru nebhuku renyu reRaw-Eating' randakagamuchira China chapfuura, 12 Kurume. Zviri mukati mebhuku renyu zvamazvirokwazvo zvakanga zvakazarurwa kwandiri, bhuku rinoshamisa zvikuru randati ndamborava pamusoro pezvinodikanwa nezvinodikanwa zvomunhu. Ndakafungawo kuti dingindira rebhuku racho rakanga riri remwoyo wose uye rinofadza sei. Ndinoonga kureba kwefundo uye nguva inofanira kuva yakapinda munhamburiko yokuronga nokugadzirira kwebhuku racho. Uku kutaura kwakashata zvikuru kwokunzwa kwandinoita chaizvoizvo pamusoro pakwo uye ndichaita napose pandinogona napo kuti vamwe vanhu vafarire, asi haringazovi basa riri nyore kuziva izvo vanhu vari uye kuti vanozengurira sei kuchinja tsika dzavo, zvikurukuru kudya. zvimwe. Zvakadaro, ndichaedza nepandinogona napo kuvanyengetedza uye kuti vatumire bhuku renyu... Kana muchifarira, ndichakuzivisai nguva nenguva kuti zvinhu zviri kufamba sei...

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Mai VM Snelling, 26 Victoria Rd. Southsea, Hants, England.

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Santa Rosa, Mbudzi 27, 1964.

Vanodikanwa Changamire,

Ndakava nemufaro wekuverenga bhuku renyu, 'Raw-Eating', uye ndinoda zvikuru kuva nerangu. Mushure mekukurukura neshamwari dzangu mbiri, ivowo varikuda kuwana rimwe, saka ndiri kuvharira mari odha ye$4.50 yemabhuku matatu... Ndine shungu dzekuti ndiwane mabhuku aya...ndiri 100 per cent 'raw fooder', uye ndiri kuparadzira shoko rakanaka pakati peavo vanofarira. Zvokudya zvakabikwa zvakaponesa hupenyu hwangu.

Ndira 21, 1965:

Pakugamuchira 15 makopi e'Raw-Eating' ane invoice yakabatanidzwa ichikumbira mari ye$10.00, ndiri kuvhara gwaro rebhangi... pamwe chete ne $10.00 yokuwedzera kune 15 mamwe makopi eRaw-Eating.' "Ndinoonga zvechokwadi mukana wekubatsira vanhu kunzwisisa kukosha kwekudya chikafu chisina kubikwa, kuburikidza nebasa renyu guru iri. Ndatenda.

Kukadzi 2, 1965:

Ikopi yeMagazini ye'Let's Live' ndeyako kuverenga Martin Reinecke's chinyorwa, `Adventures in Raw Foods'.

Nyaya yemwedzi uno ine tsamba yangu inotaura kuti ini nemurume wangu takatanga sei kudya 100 per cent chikafu chisina kubikwa. Isu tinonyanya kufarira nezveizvi uye ticharamba tichibatsira Martin kusimudzira nzira iyi yekudya, zvakanyanya sezvatinogona.

Bhuku rako pachako, `Raw-Eating', rinongo tyisa. Ndinofara kwazvo rigovere pakati pavanhu vari kutsvaka zivo iyi. Ichokwadi kuti vashoma panguva ino, asi ndinotenda kuti nekufamba kwenguva kunzwisisa kuchasvika kune vakawanda. Kushanda chinyararire nevaya vachateerera kunogutsa zvikuru.

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Chivabvu 6, 1965:

Ndatambira tsamba yenyu ndichikumbira kuseri kwenyaya dzekuti 'Ngatiraramei' asi ini ndine hurombo veHealth Food Store vatengesa makopi ese. Ndiri kukutumirai chinyorwa chaMay uye ndicharamba ndichitumira nyaya dzinotevera kunze kwekunge muchida kuzvinyoresa.

Ndakatumira kopi yetsamba yako kuna Martin Reinecke kuti agadzirise chinyorwa chake chaFebruary sezvakakurudzirwa.

Ndichafarira kuva nekopi yevhoriyamu yako yechipiri kana yapera. Ndakava nebudiriro yakanaka mukutengesa vhoriyamu yenyu yokutanga uye ndichada kuchengeta imwe iripo.

Mai Helen M.Bulbeck, 818 Cherry St. Santa Rosa, USA

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Venice, Calif., Gunyana 29, 1964.

Vanodiwa VaAterhov,

Ndinokutendai zvikuru nemakopi maviri ebhuku renyu `Raw-Eating' Ndakanakidzwa nekuriverenga zvakanyanya.

Ndakarega kudya zvakabikwa mwedzi mishanu yapfuura. Ndine makore 31 ekuberekwa uye ndiri kunzwa zvakanaka. Mamwe mazuva ese ndinomhanya mamaira 2-5 pamahombekombe, kushambira, kukwira mumakomo. Masvondo matatu apfuura ndakakwira kuMt. Withney nezuva rimwe chete. Rwendo rwokudzoka makiromita makumi maviri nematanhatu uye gomo pacharo rinopfuura 14,500 tsoka kumusoro. Kutsiga kwangu kuri 58-60. Ndinokuudza zvese izvi kuti ndikuzivise kuti chikafu chisina kubikwa ndicho mhinduro kune zvese, kutambura kwevanhu.

Ndinogona kufarira zvikuru kutengesa bhuku renyu muUnited States (uye pamwe muCanada). Ndokumbirawo mundizivise kuti munokumbira marii ma500 kana 1,000 makopi...

Kukadzi 6, 1966:

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Ini nomudzimai wangu tava nemakore anoda kusvika maviri tichitenga chikafu chisina kubikwa che100 muzana kudya nemigumisiro yakanakisisa. Yakavharwa ndiri kukutumirai imwe nyaya, yakanyorwa naShirley, mudzimai wangu, uye yakadhindwa mumagazini ya' NGATIRARAME', July 1965. Tinokubvumidzai kushandisa chinyorwa ichi nemifananidzo yakavharirwa.
Mumwe wemifananidzo yacho ndeweshamwari yedu inodiwa zvikuru iyo iri mbishi-vegan.
Anorwa neshumba (muAfrica) asina maoko, uye shumba idzi dzine mazino adzo ose uye nzwara.
MICKEY SOROMONI ndiro zita rake.

Hatina kumbonzwa zvakanaka zvakadaro muhupenyu hwedu kubva tichidya chikafu chedu chiri mbishi. Bhuku rako ndiro bhuku rakanakisisa ratinaro pamusoro pezvokudya zvakabikwa, uye bhuku rako tinoriverenga kakawanda. Tinoda kuparadzira chokwadi pamusoro pezvokudya zvakabikwa ... Tinofunga kuti bhuku renyu rakanaka rinofanira kuitwa kuti riwanikwe kuvanhu vakawanda. Yakavharirwa ndeye $20.00 mari odha ...

Mai Shirley naVaThorwald Boie, 1015 Venice Blvd. Venice, Ca. USA.

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Columbia, S .C . Ndira 7, 1965:

Ndakafarira zvikuru imwe nyaya ine chekuita nekabhuku kako kanonzi RAW-ETING' muLet's Live Magazine- Zvita 1964. Ndakanyorera munyori wacho, Martin J.
Fritz, uye akandiyambira kuti ndinyore kuBritish Vegetarian Magazine uye ivo vakandipa kero yako...

MRS. IRENE GOLEMON, US A

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Bvisa kubva mutsamba yakanyorwa nemumwe murume muAbadan, mushure mekuverenga bhuku rangu rePezhiya:

Abadan, Chikunguru 25, 1965:

Vanodiwa VaAterhov,

Kabhuku kako kakaunza shanduko huru mumaonero angu, zvekuti ndinotozviona semunhu anodya mbishi. handizive

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ndinokutendai sei. Hakusi kuwedzeredza kutaura kuti ndine chikwereti nemi. Ndimi Jesu wenguva yedu, muchipa hupenyu kune vanorwara nevakafa, uye hupenyu hunotapira sei!... Zvinoita sezvisingadaviriki kwandiri kuti munhu angaverenga bhuku rako orega kushandura mararamiro ake.

SADARAT, Abadan, Persia.

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Pashure pokubudiswa kwevhoriyamu yangu huru muchiArmenian, raw-kudya kwave kuwana kuteedzera kukuru muArmenia.

Yerevan, Kurume 24, 1961.

Vanodiwa VaHovannessian,

Central Library yeAcademy of Sciences yeArmenia yakagamuchira nekutenda vhoriyamu yekutanga yebasa rako ine musoro unoti Raw-Eating. Kuti tigutse zvido zvevaverengi vedu vakawanda nezvebasa renyu rine musoro unoti “Raw Eating”, tapota titumirei makopi mashanu evhoriyamu yekutanga, tichifunga kuti makopi maviri atotumirwa anogara achidhindwa uye kunonotsa kukuru kuri kuitika. kuita zvinodiwa nevaverengi vakawanda zvikuru.”

THE ACADEMY OF SIENCES OF THE ARMENIA,
H.MECHERIAN, Director of Completive Chikamu.

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Yerevan, 20 Mbudzi, 1961.

Vanodiwa VaHovannessian,

Takagamuchira makopi gumi evhoriyamu yekutanga yebasa renyu rine musoro unoti `Raw-Eating', akaunzwa kuraibhurari yedu, izvo tinoratidza kuonga kwedu kwechokwadi.

Yerevan, Chikumi 16, 1965:

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Dhipatimendi reState Library yeArmenia rinoda kutenda nemwoyo wose makopi matanhatu ebhuku renyu rine musoro unoti 'Along the Paths of Raw-Eating', ramakapa kuraibhurari.

Huwandu hwevanhu vanofarira kudya mbishi-kudya huri kuwedzera zvishoma nezvishoma uye vazhinji vavo vanoshuvira kuve nemabhuku ako. Mungakwanisa here kutipa mamwe makopi mashoma ezvinyorwa zvenyu?

Hushumiri hweTsika, ARMENIA,

AM MIASNIKIAN STATE LIBRARY yeREPUBLIC,

ARAZI TIRABIAN, Mutungamiriri.

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Mushure mezvo ndinowanzo tumira makumi maviri kusvika makumi matatu emakopi emabhuku angu kuraibhurari ino, pasina kutarisira chero kudzoka kana muripo.
Sezvineiwo nekuda kwematambudziko nemiganhu inoisirwa vanhu neSoviet Union (udzvanyiriri hunopesana nekutengeserana kwega) ndinosangana nezvikumbiro zvese zvemabhuku akagamuchirwa kubva kuSoviet Union zvachose pasina muripo, zvisinei nekuti zvikumbiro zvakadaro zvinobva kumasangano ehurumende kana vanhu vakazvimirira.

Zvinyorwa kubva mutsamba yakanyorwa naEminent (mudetembi weArmenia), Hovhannes Shiraz:

Yerevan, 4 Ndira, 1962.

Anodiwa Ter Hovannessian,

Zvakangoitikawo kuti ndakazosangana nebhuku renyu rinoyemurika rine musoro unoti `Raw-Eating'. Iwe wakarongerwa kuve muponesi mukuru wevanhu vese vane hafu-witted vanhu. Kuwana kwako, kudya mbishi, kwakakura sekwaDarwin mukuru; zvirokwazvo, chikuru uye chakanyanya kubatsira, aiwa, ndinofanira kutaura kuti mutsa, kupfuura zvese zvakawanwa mumazana emakore apfuura. Asi, maiwe, kune dombo risingakundiki rakamira pamberi pako. Kudai bedzi uyu mucheche bofu, uyu anonzi rudzi rwomunhu, uyo akanyengerwa kwezviuru zvamakore, aizogona

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upengenuke, usiye moto ugokutevera nenzira youngwaru yawakavhura, ndipo paizonyangarika zviito zvechisimba kubva mukati memurume. Asi rudzi rwomunhu, nouzhinji uhwu hwose hwamadzinza namadzinza, ruchiri kunamatira kumwoto, sezvo moss inonamatira padombo. Haisi kusiya chikafu chakabikwa chinounza rufu, uye hachizochisiya zvakadaro ... Zvakadaro, ndinotsvoda chiso chako chinosuruvarisa uye ndinofara nepfungwa yekuti wakaberekwa muArmenia. Iwe zvechokwadi haufe ... "

Hovanes Shiraz, 20 Leninian Ave.

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Kubva paudiki hwake munyori wetsamba inotevera, mudiki Mudzidzi, akange atambura nezvirwere zvakawanda, zvinosanganisira gwirikwiti, scarlet fever, mumps (parotids), matariya, angina, dzihwa dzakasiyana-siyana uye catarrh, nzeve, kurwadza kwezino, kuvimbiswa, manyoka, haemorrhoids, appendicitis uye chisingaperi kuzvimba gall-bladder (cholecystitis). . Nhasi kudya mbishi kwakamusunungura kubva mukutambudzika kwese, kwaanoratidza kutenda kwake mumitsara inotevera:

Yerevan, Kukadzi 5, 1964.

Mudzidzisi wangu anodiwa, ndapererwa nemashoko ekutaura kunzwa kwekutenda nekuyemura kwandanga ndichikuvaraidza kwemwedzi yakawanda ikozvino, nekuti mazwi ese anoita seasina kukwana.

Nekufamba kwemashiripiti kamwe chete wakauya kuzopedza hope dzakashungurudza hupenyu hwangu, sekuti, pasina kupokana, iwe uchaita zvimwe chete kune vamwe vanhu zvakare, kudzamara chikonzero chaicho chehusiku ihwohwo chabviswa-ndatenda kwauri.

Wakauya kuzobvisa hupofu huya hwakasvinura, huya hwenzeve dzakapinza uye hupengo huya hwekusaziva hwandakanyudzwa mahuri, sevamwe vese.

Iwe wakauya nemwenje wemashiripiti kuti uratidze uchipikisana nedenga redenga chiso chiya chaive changu chokwadi uye nezvacho kusvika panguva iyoyo ndaingokwanisa kurota nekufungidzira.

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Ndinokotama pamberi pechimiro chako chinopenya uye ndikukwazisa semurume wandinokwereta kupfuura zvandakambova nechikwereti naani zvake.

Ndinokotama pamberi pechimiro chenyu chinopenya uye ndinokukwazisai segamba rine zita nhasi rinogara riri pamiromo yeavo vaakaponesa, asi mangwana richava pamiromo yevose.

Ndinokotama pamberi pechimiro chako chinopenya uye ndichikukwazisa semurwi webudiriro chaiyo, sainzi chaiyo, kufambira mberi chaiko, uye semurwi weramangwana rakajeka, rakabudirira, resainzi.

Armen Vshtuni, Maonero Lenin 20, Erevan, Aremenia.

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Yerevan, Kurume 29, 1964.

Anodiwa Hovannessian,

Ingori mitsetse mishoma yekukuzivisa iwe kuti kudya mbishi kwakave nemumwe muchengeti, ane chikonzero chekutora chimiro chitsva chekudya chinovaka kwete kubva pane chero kunzwa kwekuora mwoyo kunokonzerwa nehumwe hurwere kana humwe, asi pamusoro pezvinangwa zvakafuridzirwa nemafungiro ako makuru. .

Ndinofanira kubvuma kuti pane zvipingamupinyi zvakawanda munzira yangu, nokuti baba vangu ibhiologist, nepo mukoma wangu ari chiremba, uye mumhuri yangu ndini ndoga ndinodya pane zvakasiyana (zvakajairika). Yava mwedzi mipfumbamwe yandakachinjira kunzira itsva yezvokudya zvinovaka muviri uye ndiri kufarikanya utano hwakanakisisa. Zvinoratidzika kwandiri kuti mabhii akadai seaya, achiuya kwauri kubva kumativi ose enyika, achawedzera mukufambira mberi kwejometri uye kuti iwe hauzove nekuzorora kuverenga mitsetse yekutenda yakataurirwa kwauri. Zvawawana zvinozoenda munhoroondo.

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Chikumi 18, 1965.

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Ndiri kunyora kubva kuLeningrad. Ndiri kuenderera mberi nezvidzidzo zvangu muConservatoire muno. Kugara ndinemi, ndinokutumira zvishuwo zvangu zvakanaka, ndine chivimbo mukutenda kuti nguva iri parutivi rwako. Kuongororwa kwandakaitwa namukoma wangu kunogutsa nguva dzose. Ndinonzwa zvakanaka chaizvo, nepo uremu hwangu hunoramba huchiwedzera zvishoma nezvishoma, asi chokwadi.

H. SVATCHIAN.

***

Yerevan, 6 Ndira, 1965.

Vanodiwa VaHovannessian,

Iye zvino mwedzi mitanhatu yandave ndichidzidzira kudya mbishi. Kuva ne ruzivo ruzere rwekugamuchirwa kunoshamisa kwakapihwa kubhuku rako munzvimbo dzese dzepasi, ini handishuvire kupinda mune zvese uye kudzokorora zvakajairwa eulogies. Pasina kupokana pfungwa yekudya mbishi ndiko kukunda kukuru kunowanikwa nepfungwa dzemunhu panguva yese yebudiriro.

Ini handidi kunyora nezve zvakaitika kwandiri pachangu, nekuti, ndaverenga zvinyorwa zvakatorwa newe kubva mumabhii akasiyana-siyana ekutenda, ndinoona kuti maitiro angu anoenderana nemabatirwo anoitwa nevamwe vatengi vezvokudya zvepanyama.

Yekukosha kwakakosha ishanduko dzepfungwa dzinotevera pakarepo, kana dzisati dzatungamira, maitiro emuviri.

Nditenderei kuti ndikutendei nechipo chakasiyana-siyana chamakapa kurudzi rwevanhu.

Vladimir Khachaturian, 38 Abovian St. Erevan.

***

Mharidzo yeKisimusi kubva kumukadzi wechidiki muMoscow:

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Moscow, Zvita 20, 1964.

Vanodiwa VaAterhov,

Zvinofadza kuti ndinokutumirai kwaziso dzemwaka, pamwe chete nekutenda kwangu uye zvishuwo zvangu zvekukunda kwebasa renyu guru uye rekubatsira vanhu.

Muteveri wako, akapora kubva kuchirwere chake chemoyo chakareba uye chakakomba.

Zvadaro, mutsamba yemapeji gumi anopa nyaya yake izere chirwere uye kupora, izvo zvinotevera muchidimbu:

Kurume 31, 1965:

Ndakachinjira kukudya zvisina kuviriswa muna November, 1963. Kubva ipapo ndadaro haana kumbova nenguva yekupokana. Mumazuva iwayo ndakanga ndatova nenhoroondo yechirwere chemwoyo chakatora makore mapfumbamwe.

Asi regai nditange kubva pakutanga. Pandakanga ndava nemakore masere kana mapfumbamwe ndaiva nechirwere cherheumatism. Pashure paizvozvo kanenge kagumi pagore ndaiwanzobatwa nechirwere chelaryngitis, furuwenza uye dzihwa yetsanangudzo yose, iyo yaiwanzotora mazuva matanhatu kusvika kugumi. Zvishoma nezvishoma tonsillitis isingaperi yakatanga. Pazera remakore gumi nemana vanachiremba vakawana mitral valve lesion mumoyo mangu uye gare gare vakawana rheumatic carditis. Pamakore gumi namashanu vakabvisa matinji angu. Ndaigara ndichitambura nekurwadziwa kwemoyo kwenguva refu, neuritis, debility uye kushaya hope. Kurara kwenguva pfupi kwakatevera maawa okutambudzwa kwakapindwa nehope dzinotyisa. Pandakamuka usiku, ndaitya rima. Pamwe chete, ndaipedza mwedzi mitatu kana mina yegore ndiri pamubhedha. Zvakanga zvakaoma kuti ndikwire nhanho imwe chete; Nguva dzose ndaishayiwa mafambiro, maekisesaizi omuviri, kushambira, kufamba, kuverenga, uye mamwe mafaro akawanda nenhandaro.

Ndaigara ndichitarisirwa navanachiremba. Vaigarondi'ndirapa zvinoreva pyramidon, aspirin, antibiotics, analgesics, vasodilators, soporifics nemimwe mishonga yakafanana. Hupenyu hwangu hwakaramba huchiratidzira mu

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zvinoshamisa pazviyero izvi uye mamiriro angu akawedzera kuipa zvishoma nezvishoma. Ndiine chokwadi nekusashanda kwemishonga yakadai, ndakazosiyana nayo yese.

Ndapota ndiregererei nekutora pfungwa dzenyu nenguva yakadai details. Kunoratidzika kwandiri kuti dzichakufadza, zvikurukuru sezvo chinjo yacho yakaitika nenzira inoshamisa. Ndakasiya zvekubikirwa zvisina kana dambudziko. Kudya mbishi kwakamutsa mandiri kunzwa kunofadza kwekucheneswa kwemukati uye kureruka. Panenge husiku moyo wangu wakamira kundinetsa. Nepo kare ndaimbonzwa marwadzo munharaunda yemoyo kwete kamwe chete pasvondo, asi rinenge ZUVA ZUVA uye kuti kweHOURS PAKUPEDZA, mugore rekutanga rekudya kwangu mbishi handina kuenda kumubhedha wangu kwezuva rimwe chete. , uye marwadzo aiva mumwoyo mangu akanga akaganhurirwa kubva pamarwadzo matanhatu kusvikira kusere eCHINOKOS Kwegore nechidimbu handisati ndamboita SINGLE kurwisa kwefuruwenza kana chando. Mumwedzi yekutanga chaimo musoro wangu wakapera. Asi chishamiso chikuru kwandiri chaive chekuti ndakatanga kubatwa nehope mukati me A FEW MINUTES dzekuti ndirare. Kukwanisa kwangu kushanda kwakawedzera; kuparara kwangu kwekare, kushushikana uye kushatirwa zvakapera.

Mumatsutso ndakaita rwendo rwokuenda kuArmenia ndikashanda mu`Matenadaran' (iyo Manuscript Repository). Waive mufaro wakadii kufamba makiromita makumi maviri nemashanu kusvika makumi matatu pazuva mumakomo tozodzokera kumba ndagadzirira zvakakwana kudzokorora mutambo wacho pakarepo. Ndakava munhu akasununguka, uyo zvisikwa zvakazopinda pachipfuva chake pakupedzisira. Uyu mufaro mukuru zvamazvirokwazvo, wandinoda kutaurazve kutenda kwangu kwechokwadi.

Moscow, 16th August, 1965. Utano hwangu huri kuramba huchindipa zvose kugutsikana, kunyanya sezvo muviri wangu wakatsungirira miedzo yakaoma yepfungwa nekutya kunetseka (hypertension), pamwe nekuneta kwakanyanya kwemuviri kunotsigirwa panguva dzenzendo dzemakomo.

Ndichapedza gore rechipiri rekudya kwangu mbishi. Handichafi ndakafunga kudzoka kubva pakudya mbishi zvakare. Mibvunzo yandakubvunza ndeyekuvhenekerwa chete uye haifanirwe kugadzira mukati

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iwe hauna chokwadi nezveramangwana rangu. Pamusoro pezvose, kwandiri zvikamu zvemuviri zvemubvunzo hazvina kukosha kudarika zvigadziko zvemweya, izvo zvakagara zvakasimba uye zvisingazununguki.

Olga Kerenskaya, 3Frounze St. Moscow.

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Sezvo mabhuku angu asingawaniki nyore muSoviet Union, vanodya zvakabikwa imomo vanoturikira pfupiso dzezvinyorwa zvangu muchiRussian uye vanogovera mamwe makopi azvo kushamwari dzavo.
Vanhu vazhinji vanobva vakopa zvipfupiso izvi kubva kune mumwe nemumwe.
Inotevera chikamu chetsamba refu yakanyorwa nomumwe mukadzi wechikuru wokuRussia anogara muruwa rweMoscow:

Khimki, Kubvumbi 25, 1965.

Handikwanise kutaura kana kuti, asi, handikwanise kuwana mazwi akakodzera yandingaratidza nayo kutenda kwangu kusingagumi kwamuri. Hapana mubairo munyika ino wakakodzera zvakakwana kutsiva basa rako rinoyera ruponeso rwemuviri nemweya werudzi rwevanhu, yako 'KUDYA-KUSVIRA' kwako. Ndinokotama pamberi penyu uye kwete pamberi penyu chete, asiwo pamberi pemunhu akandiunzira iyi resipi inokosha yehutano, inosanganisira ndima dzakawanda dzakatorwa mubhuku renyu. Ini pachangu handina kuita rombo rakanaka rekuona bhuku renyu. Shamwari yangu - aimbova mudzidzisi -

ndakanga ndaakopa kwete kubva mubhuku rako zvakananga, asi kubva mubhuku reshamwari yake - zvakare aimbova mudzidzisi, uye ndiye mukadzi uyu ari kukunyorerai mitsara iyi, nekuti ini pachangu haaoni. Ndinogona kuona neziso rimwe chete uye kuti nebetsero yegirazi rinokudza, zvikasadaro ndingadai ndakakutendai zvikuru kare kare.

Ndakatanga kudzidzira kwangu musi wa15 Kukadzi uye kubvira ipapo handina kumbodya chikafu chakabikwa, kana chingwa... Ndichange ndava nemakore makumi mapfumbamwe musi waNyamavhuvhu 15, 1966. Ndine simba kupfuura shamwari dzangu dzose, uye chokwadi ichi chinopupurirwa vamwe, zvakare.

Karpovna Maria Ivanovna, Fevralskaya St. 12, Khimca.

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Sundsvall, Nyamavhuvhu 12, 1965.

Vanodiwa VaHovannessian,

Tete vangu nemurume wavo, avo vari vaviri vanachiremba muYerevan, Danielian nemazita, ndinyorere kuti vakawana rubatsiro rwakakura kubva pane zvaunokurudzira uye vanondikurudzira noushamwari kuti nditore nzira yako yekudya uye kurapa. Nokudaro, neniwo ndinoda kubvunza kana muchikwanisa kunditumira kopi yebasa renyu rine musoro unoti 'Raw-Eating', randinokutendai naro pachine nguva.

Ndiri gynecologist kubva kuIstanbul. Kwemakore maviri apfuura ndanga ndichishanda muchipatara muSundsvall, Sweden. Ndichifarira zvikuru nokudada kuti ndicharava bhuku renyu nemirayiridzo yenyu, umo vanhu vakawanda vakatowana betsero huru kwazvo.

Dr. Shabuh Sedikian, Länslasarette, Sundsvall, Suède.

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Moscow, November 19, 1966.

Vanodiwa VaAterhov,

Ndiri kufadzwa zvinoshamisa nekujeka uye nyore kwemifungo yenyu. Zvinonyatsoita here kutsanangura kuwanikwa kukuru kwakadaro nenzira iri nyore kudaro? 'Nhai munhu! Zvisikwa zvakagadzira uye zvakakudyisa iwe nemasero ako nechikafu chisina kubikwa. Chero bedzi iwe usina kunyatsoziva maumbirwo uye kushanda kwemasero iwayo, usavhiringidza basa ravo nenzira dzakasiyana-siyana dzisiri dzechisikigo, dzine chepfu.

Ini nomudzimai wangu tiri vana post-graduate. Ini ndiri chiremba wefizikisi uye iye chiremba.

Tinofarira zvikuru basa renyu...

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MICHEAL MINASIAN.

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Jermook, Kurume 6, 1966.

Kwaziwai kwamuri, O musayendisiti wesainzi! Kwaziwai imi mudzidzisi wevanhu!

Ndiri mubatsiri wachiremba paHealth Resort yeJermook in Arumeniya. Ndanga ndichidzidzira kudya mbishi kubva musi wa4 Mbudzi, 1965, ndave nekugutsikana nebhuku renyu. Ndine chokwadi chekuti ndichaporeswa nenzira yaunoparadzira. Kubva 1947 ndanga ndichirwara nerheumatism, polyarthritis uye kusagadzikana kwe coronary arteries. Kubva muna 1963 utano hwangu hwakanga huchitowedzera kuipa, nemhaka yokuzvimba kweitsvo, kwandakangokwanisa kuwana zororo nokudya manwiwa.

Kubva pazuva rechitanhatu rekudya zvakasvibirira ndakanzwa kurwadziwa kwakanyanya mumajoini angu, asi zvakaguma ... Panguva yechiitiko chekugadzirisa kune kudya kwakasvibirira handina kuona kuzvimba kwemajoini aimbove achiperekedza kurwisa kwese kwearthritis. Uye handina kutambura nefivha uye kudonha kwemvura kwaiwanzoita kutaridzika kwavo chero mamiriro eitsvo dzangu akawedzera. Ikozvino ndinonakidzwa nekurara kwakanaka uye pulse rate yadonha kubva pa120-140 kusvika 90-100 kurova paminiti (pasi pemamiriro ekutambudzika). Marwadzo ehusiku mumwoyo mangu apera, dandruff mumusoro mangu uye dikita riri patsoka dzangu. Ndakatodzikira uremu hwemakirogiramu mashanu uye marwadzo angu erheumatic anyangarika. Ndinonzwa zvakanaka uye simba rangu rinoramba richiwedzera.

Mudzimai wangu nemwanakomana wangu ane makore matanhatu zvakare, vari kutora chikafu chisina kubikwa. Ndicharera mwanakomana wangu wechitatu, zvino ava nomwedzi, sezvawakaita mukunda wako *Anahiti.*

Mudzidzisi wangu anodiwa, ndanga ndichishanda semubatsiri wachiremba makore gumi nemasere uye zvino pazera remakore makumi matatu nemanomwe ndava kuda kupedza kosi yetsamba paPedagogical Institute. Asi mubhuku renyu ndipo pandakazowana mhinduro dzezvinoverengeka

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matambudziko anga achindishungurudza kwenguva refu - mhinduro dzandisina kuwana kumwe kumwe. "Rimwe rematambudziko nderekuti sei vana vasingakwanisi kufamba sevana vedzimwe mhuka kubva pazuva rekutanga rekuzvarwa. Ini zvino ndine chokwadi chekuti chikonzero cheizvi uye nezvimwe zvakawanda zvehurema hwemuviri muvana ndezvekutsvakwa mune zvakabikwa. zvokudya zvinodyiwa navabereki vavo namadzitateguru avo, mukuona kwangu, mushure mezvizvarwa zvitatu kana zvina zvevakadya mbishi, urema hwose uhwu hunenge hwabviswa.

Dr. Vachagan Gasparian, Jermuk, Armenia.

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Mukoma wangu anogara kuYerevan. Ndinogara ndichimutumira mapasuru makuru yemabhuku, ayo anopa kune avo vanorwara zvakanyanya kana vanogutsikana kuti vanodya mbishi. *Heano mamwe mashoma kubva mutsamba dzake dzakawanda:*

“Mudiwa wangu Arshavir, ndinoziva kuti tsamba iyi ichakupa mufaro mukuru. Kudya mbishi kuri kufambira mberi nekukurumidza muYerevan nekune mamwe mapurovhinzi. Hapana zuva rinopfuura ndisina kumbondifonera kana kundishanyira. Vanouya kuzotsvaka mazano kana kukumbira mabhuku. Ndinopa mabhuku enyu kune avo vanoshayiwa chaizvo. Kune kudiwa kusingaganhurirwi kwemabhuku, ayo anopfuura noruoko neruoko uye nokukurumidza anoderedzwa kuva makungu. Ndiri kushushikana zvikuru netsika yako yekutumira mabhuku emahara kune vese vanobvunza. Ungatakura sei ndyiko dzinorema kudaro?

Iwe haugone kuona kuti vangani varwere vanoporeswa nekudya zvakabikwa, vanokutenda chaizvo. Vanhu vepano vese vanhu vanoda rubatsiro sewe. Munhu paanongowanazve utano hwake hwarasika, anotora basa rokurapa hama dzake dzinorwara uye nokudaro vamwe vashanu kana kuti vatanhatu vanopora kubva muhosha dzakakomba. Vanobva vauya kwandiri vorondedzera zvavakasangana nazvo. Vanhu vaisagona kufamba nhanho vava kukwanisa kufamba makiromita akawanda.

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Mumwe wevarwere ivavo anga achirwara nechirwere chemaoko uye tsoka kwemakore makumi maviri, uye huremu husingasviki makirogiramu zana negumi nemashanu. Mushure mekutora chikafu chekudya mbishi, akarasikirwa nemakirogiramu gumi mumazuva makumi maviri. Mwanakomana wake akati, 'Baba vangu, avo vaimbova vasingagoni kufambisa maoko avo netsoka, zvino vofamba somwana.' Vanogara vachikuropafadza iwe naAnahiti. Mumwe murwere anga achirwadziwa nekuzvimba kwezwi rake, nekurasikirwa nezwi rake. Iye zvino awanazve utano hwake zvachose pashure pokunge adya zvisina kuviriswa kwemwedzi nehafu chete.

Zvakare, mumwe murume wechidiki ane makore makumi maviri nemasere akange aine itsvo, achiperekedzwa nekudonha kwemuviri wake wese. Chirwere chake chaive chakashata zvekuti tariro yese yaive yapera kwaari, asi iye zvino apora nekuda kwekudya mbishi. Kune nyaya dzakawanda dzakafanana zvekuti hazvibviri kunyora pamusoro padzo dzese. Maererano nefungidziro dzavo pachavo, muYerevan moga iye zvino mune 2 500 vanodya mbishi, vazhinji vavo vakanga vagara vachirwara zvakakomba, asi zvino vari kufarikanya utano hwakakwana. Vanhu vanorapwa kuzvirwere zvemoyo, munyu, BP, maronda emudumbu, kuzvimba kweitsvo, chiropa nenduru, calculi nezvimwe zvirwere zvakawanda zvakakomba.

Ini ndairwara zvakanyanya. Ndakabatwa neBP ichirira munzeve uye ndakazvimba chiropa. Mhino dzangu dzaibuda ropa kaviri kana katatu pazuva, ndainzwa kupera simba uye ndakarara zvisingaite. Mwoyo wangu waive wakashata zvekuti manheru ega ega ndaizvibvunza kuti ndoona here masikati machena. Asi iye zvino ndinorara nokukurumidza zvokuti handinzwi mhuri yacho ichienda kubasa mangwanani. Chokwadi, dzimwe nguva vanonetseka pandinononoka kumuka, vachifunga kuti ndinorwara. Ndawonda zvakanyanya uye kunyangwe ndikafamba zvakadii, handisi kunzwa kuneta - zvakashamisa munhu wese.

Vanodya mbishi vanokudziridza ukama hwoushamwari nomumwe nomumwe. Mamwe manheru ndakakokwa kumba kwavaKorose. *(Mr. Colozian inyanzvi yekupenda mifananidzo muYerevan. Nyaya yemhuri yavo inofadza chaizvo. Iye pachake akanga achirwara nemaronda emudumbu asingaperi, achiperekedzwa nokubuda ropa. Kuramba kubvuma mushonga mudumbu.*

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kuchipatara, akachinja ndokutanga kudya mbishi uye akapora zvachose pahurwere hwake. Mudzimai wake aiva nehosha yefungus (blastomycosis). Mushure memwedzi mina yekudya mbishi nzara dzake dzakatanga kukura uye chikosoro chake chikabva chapera. Mwanasikana wavo akaroorwa, akapfuudza nhumbu yake pakudya akazvara mwana wake asina kubuda ropa, iye zvino ari kurera mwana wake nechikafu.)

Paive nevanhu makumi matatu nevaviri vaidya mbishi, kuwedzera kune yavo mhuri yevana. Mashoko anokundikana kutsanangura kugamuchirwa kwandakaitwa navo. Vakanga vagadzira tafura yakanakisa uye inoyevedza, yakazara nemasaladhi anonaka, marudzi mashanu kana matanhatu ematareti mbishi anonaka kwazvo, imwe yavakatumidza kuti Anahit, 'pilau' yakakosha yechibage cheIndia chakashongedzwa nemichero yakaomeswa yakanyikwa mumvura, nemarudzi ose emichero nenzungu. Pakupedzisira vakaunza ndiro inonaka yegorosi yakasanganiswa, oats, walnuts, mazambiringa akaomeswa.

Vese vakakokwa vaive vanachiremba, maartist, vaimbi nevarairidzi. Ivo akaita hurukuro dzakawanda. Pakupedzisira zvakazoitika kuti raive zuva rekurangarira makore makumi matatu emuchato waVaColozian.

Chiverengero chakanaka chevanachiremba vave vadya mbishi. Mumwe chiremba wechidiki nemudzimai wake, aivawo chiremba, vakauya kuzondiona vachibva kuHealth Resort kuJermook. Vakandiudza kuti vane varwere makumi mana kusvika makumi mashanu pazuva, vose vanoda mabhuku enyu. Vakandivimbisa kuti kudiwa kwemabhuku enyu kungasvika zviuru. Chiremba wepaSpitak akanga apa hurukuro pamusoro pekorera, pakupera kwayo akanga ataura pamusoro pezvokudya zvisina kubikwa uye akanga arayira vateereri vake kuwana kopi yebhuku renyu uye, pashure pokurava nokungwarira, kushandisa zvarinotaura.

Chiremba anoremekedzwa wemakumi matanhatu nevana akauya kwandiri achibva kuKirovakan. Akandiudza kuti akanga achirwara zvakakomba, asi kuti, pamwe chete nomudzimai wake, akanga agamuchira zvokudya zvisingasviki gore rakapfuura uye somuuyo akanga anatsa utano hwake. Akandiudzawo kuti Mutungamiriri weSachigaro weNutritional Hygiene muYerevan Institute of Medicine, Dr. A. Harootiunian,* akanga apa hurukuro kuKirovakan vanachiremba, varwere vachivapo uye, kupfuura zvose, vaidya mbishi. Pakupera kwehurukuro,

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mubvunzo wekudya mbishi wakanga wauya kuti tikurukure. Chiverengero chakati chevanodya mbishi, avo vakanga varara muzvipatara kwemwedzi yakati ichipera pasina muuyo upi noupi uye vakanga varapwa nokusadya mbishi, vakanga vada kuti zvinyorwa zvavo zvechipatara zviongororwe uye kuti zvienzaniswe zvakakodzera, zviitwe nemamiriro avo ezvinhu. Vainge vodawo kuziva kuti sei mukurukuri akatsoropodza pachena kuti vanhu vanodya mbishi pasina kuongorora chokwadi. Mumwe wevakadya mbishi akanga atosimuka ndokubvunza chiremba Kirovakan kuti akamuziva here. Pakugamuchira mhinduro isina kunaka, akapfuurira kuti: 'Ndini murwere wawaiona seasina tariro uye wawakabuda muchipatara chako kuti unofira kumba. Uye nhasi, nemhaka yezvokudya zvisina kubikwa, ndine utano hwakakwana.' Chiremba vainge vatoshaya zvekuita."

Siranoush Babakhanian, 33 Poushkini, Erevan.

**Murume uyu (Harootiunian) akange amboisa imwe nyaya mu bepanhau rinonzi "Communist"!! rakabudiswa muYerevan (1964, Nha. 17l), umo pasina kuramba zvachose mabhenefiti ekudya mbishi! Akanga aganhurira kushandiswa kwayo kuzviitiko zvishoma zvezvimwe zvirwere bedzi, uye panguva imwe cheteyo akanga ataura mapuroteni emhuka ane ngozi uye mavhitamini akagadzirwa. Pakupedzisira, akanga anyevera varavi vake kuti vasadyisa zvokudya zvomusikirwo pasina zano rachiremba. Kune zvirevo izvi ndakatopa mhinduro inoshungurudza mubhuku rangu rechiArmenian rine musoro unoti "Along the Paths of Raw-eating".*

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Mukadzi uyu ndiye vamwene vemuimbi ane mukurumbira wekuArmenia (Ofelia Hambardumyan), mudzimai akangwara akandinyorera tsamba gumi nenhatu kusvika pari zvino, ndichataura dzimwe dzacho sezvizvi:

Mbudzi 20, 1966:

Vanodiwa VaHovannessian,

"Inenge mwedzi miviri yapfuura, ndakaverenga bhuku renyu rinodya mbishi, randakwereteswa kwezuva rimwe chete, nemufaro, chido uye kuravira, shoko neshoko, zvokuti peni haigoni uye haigoni kutsanangura. Ndakanga ndiri bofu

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kumhanyira kurufu, nechiratidzo chemuviri wenhema wakanamirwa kumeso kwangu kwemakore mazhinji. Asi yakakurumidza kunyangarika pakudya mbishi.

Ndakanga ndisati ndapedza kuverenga bhuku renyu rine unyanzvi, pandakatumira zvokudya zvose zvakabikwa nemabhodhoro emishonga uye makapisi asina kumboparadzaniswa neni kubhini remarara. Rakanga riri zuva rangu rekuzvarwa rechimakumi matanhatu nerimwe pandakagamuchira chipo ichi kubva kwauri uye ndikafunga kuva mbishi yemhuka. Handifi ndakakanganwa zuva iri; Unogona kufungidzira chaizvo shanduko dzakaitika mumuviri wangu wakaparadzwa. Mumakore apfuura, ndichidzvinyirirwa nehosha dzakasiyana-siyana, ndakava noupenyu hunotambudza. Kunyanya chirwere chequater's chinodzipwa uye sciatica isingashiviriki yakanga yandibira hope. Pashure pokunge ndasunungurwa pakubata kwoutsinye kwezvirwere, ndakava munhu anoshingaira, akasimba uye akagwinya uye ndakamhanya semhembwe zuva rose. Handikwanise kuwana mazwi ekuratidza kutenda kwangu; O genius of geniuses, sham

Ndapota gamuchira kukwazisa kweshamwari iri kure iyo inodada kuti yekupedzisira zita rakafanana nerako (Ter Hovannessian). Zvino ini handikwanise kumira sei vanhu vanoisa zvinhu zvine chepfu mumiviri yavo? Ndinotambura apo ndinorangarira kuti, somugumisiro wokusaziva, ndaiwanzokoka vadikani vangu kumba kwangu ndokuvapa zvinhu zvakabikwa namaoko angu ndimene.

Ndisati ndadya mbishi hana yangu yakarova yakandizivisa nezvesitiroko, sekuona kwangu kwainzi kufa kunofadza uye kuri nyore, Asi ikozvino ndinoda kurarama kuti ndiverenge nemeso angu uye kunzwa nenzeve dzangu kuti zita remukoma wangu riri pa ndimi dzenyika yose. Basa rako rakachenjera, chikafu chakabikwa chinofanira kuputsika, kukunda kuchauya kwauri.

Nyamavhuvhu 2, 1967:

"Iye zvino ane hutano hwakakwana uye akabudirira, semunhu chaiye, ndinotumira iwe tsamba yangu yechitatu. Manzwiro emwoyo wangu akawanda zvekuti handikwanise kuanyora pabepa; Ndine chikwereti cheutano hwangu hwazvino kwamuri imi muponesi wevanhu, haiwa hama yangu inodiwa, ndingakudanai hama yangu here?

Pandisina kuwana mhinduro kubva kwamuri yetsamba dzangu mbiri dzakapfuura, ndakakwereta bhuku renyu guru kushamwari dzangu uye ndakarikopa rose mumanotsi matatu akakora. Iye zvino kopi iyi iri kuchinja maoko. Ndakazoona kuti makatumira mabhuku netsamba, asi hazvina kuuya kwandiri.

Pano, nhamba yevatendi mune mbishi veganism iri kuwedzera zuva nezuva zuva; Pakati pavo pane vanachiremba zvakare. Vazhinji vavo vanouya kwandiri nokuda

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mimwe mibvunzo, ndinosimudzira chikafu mbishi; Ndinogadzira makeke, halvah, saladhi nedhorimesi mbishi ndozviratidza vanhu, ndinodhinda kuraira kwavo nekuzvigovera pakati pevanhu, ndinonyora zita renyu pamakeke ane mazambiringa akaomeswa; Ndakatengera sisi vako makeke aya. Akachema akandimbundira ndokuti, "Kubva nhasi tave hanzvadzi mbiri. Musuwo wemba yangu unogara wakakuvhurirai." Akandipa vhoriyamu yechipiri yebhuku renyu.

Ndinowanzosangana nehanzvadzi yako, verenga tsamba dzako nemagwaro, ndinotarisa mapikicha, ndakatarisa netsitsi huru mapikicha evana vako vaviri vakaparadzwa ne "kusimbisa" zvokudya uye "zvinoshanda" zvinodhaka; Zvakabayirwa, asi panzvimbo pezvo nhasi zviuru zvavanhu zvinoponeswa murufu rwakati uye zvinotumira kwaziso mundangariro dzavo. Vakuru vakachenjera munguva yakapfuura vakasiya basa ravo risina kupera nekuda kwemhando iyi yezvokudya nemishonga uye vakaparara ... uye iwe chete wakazarura chakavanzika ichi. Rurimi ngaruve mbeveve inoshinga kuramba chokwadi ichi.

Zvino regai nditaure zvishoma pamusoro pangu. Ndinofunga zvinganakidza kuti muzive zvandaive ndisati ndatanga kudya mbishi uye kuti ndakaita sei zvino. Ndaive nemakore gumi nemanomwe pandakarwadziwa zvakanyanya kudivi rekurudyi kumusana kwangu. Vanachiremba vakatadza kunzwisisa chaikonzera uye vaingondiita kuti ndisanzwe zvakanaka nemishonga uye masaja. Pashure pemakore matanhatu, ndakazoendeswa kuchipatara ndava kufa. Zvakazoonekwa kuti itsvo yangu yekurudyi izere nematombo uye urwa. Muzvinafundo akavhiya itsvo yangu aive munhu ane njere zvekuti dai aive mupenyu angadai akasaina zvawawana nemaoko maviri; Akandiudza kuti vanachiremba vadya hafu yeitsvo yako nekuda kwemasaja nemishonga inokuvadza uye vakaseka. Akandirayira kuti ndikanganwe kudya nyama, mazai, pickles, mineral water uye salty foods nokusingaperi uye kudya mimwe miriwo nemichero.

Ndakatevera urongwa uhwu kwemakore maviri kana matatu, pandakanzwa zviri nani, ndakatanga kudya zvose zvakare. Zvishoma nezvishoma nzara yangu yakawedzera, uye uremu hwangu hwakawedzera zuva rimwe nerimwe; Sevamwe, ndaifunga kuti ichi chaiva chiratidzo cheutano, asi zvakazopesana. Kutanga, musoro wakakomba wakatanga, ipapo makumbo angu akazvimba, uye pazera ramakore makumi mana namana, mazino okugadzira akatsiviwa nemazino chaiwo. Kurema kwemuviri wangu kwakasvika makirogiramu makumi masere nemaviri; Kufemereka, chikosoro chisingaperi, kurohwa nehana uye mudumbu unovava zvakandikomba. Gare gare, goiter yakaonekwa, iyo

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akandikomberedza mutsipa sezai rakaoma. Vanachiremba vaida kuvhiya, asi ndakaramba. Zvadaro, sciatica, arteriosclerosis, blood pressure, hemorrhoids, gout, nezvimwewo, zvakanga zvaita kuti muviri wangu wose upere simba zvokuti ndakanga ndisingagoni kufamba.

Imba yangu yakanga yakaita sechitoro chemishonga yemapiritsi easpirin, pyramiden, valocardin, milocardin, analgin, beloid, capodiazit nedzimwe chepfu, iyo yakaumba hafu yezvokudya zvangu. Ndakaodzwa mwoyo navanachiremba uye nemhaka yokuti munhu wose aiti zviratidzo izvi zvine chokuita nezera, ndakafunga kuti mugumo woupenyu hwangu wakanga wasvika. Ndainge ndaneta nenyika iyi ndaingoti dai kurohwa kwaizopera zvinyadzi izvi. Hazvina kumbouya kwandiri kuti chishamiso chionekwe chigondiponesa kubva kuhope idzi. Asi izvi zvakabatanidzwa. Iye zvino makirogiramu gumi nemanomwe dhiyabhorosi anyangarika (munyori wetsamba anokanganwa kuti muviri wake wekutanga wakaunganidza makirogiramu gumi nemanomwe emasero matsva uye ane hutano panguva ino yekudya yakasvibira, kureva kuti, dhiyabhorosi anga asiri makirogiramu gumi nemanomwe, asi makirogiramu makumi matatu nemana uye pamwe kutopfuura) uye ndinofamba kubva kune rumwe rutivi rweguta kuenda kune rumwe rutivi rweguta nehuremu chaihwo hwemakirogiramu makumi matanhatu nemana uye ndinokwira nhanho 132 dzefekitari yekoki nemutoro unorema kumwanasikana wehanzvadzi yangu ari mukiriniki ipapo uye nekuda kwevashandi. uye vanachiremba veko vanonyatsoziva mamiriro angu ekare, vanoshamisika. Kunyanya pavanotora blood pressure yangu voona gumi nematatu pane gumi nepfumbamwe. Izvi zvichaita kuti vachinje maonero avo uye chokwadi chinokunda. Ndinogadzirira chikafu chinonaka chevegan mumba mangu uye ndinoenda nacho kwavari, vanodya uye ndinoti: "Hovannessian anotumira mabhuku ake kunyika yose pasina. Ndave nemwedzi gumi ndichigara mumufaro uyu...

Ndinoda kutaura mazwi mashoma nezve detox yangu. Marwadzo ezvirwere zvangu aive akanyanya zvekuti handina kunzwa maitiro ekutanga ekubvisa huturu, kungodya kwandaiita, ndipo pandakatadza kuwana zvakakwana. Zipundu dzvuku rakabuda kudivi rekuruboshwe kwemuviri wangu zvairwadzawo asi zvakabva zvagadziriswa. Ganda rangu rakaoma kune dzimwe nzvimbo, rakakwenya, dandruff uye rakaita nani; Ruvara rweweti yangu dzimwe nguva rwaiva rutsvuku uye dzimwe nguva ruchena uye rwakakora, asi iye zvino rwave kuchena semvura. Ndakatemwa nomusoro zvishomanene izvo zvakava nani ndega. Kubva pazuva rekutanga rekudya mbishi, ndakakanganwa kuti kune mushonga munyika ino. Handigoni kutenda izvozvo

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Bvudzi rangu jena rabva rachena manje uye rava kuvara raro rekutanga."

Tsamba Nhamba 12 - Chivabvu 7, 1971

"Ndine nhau dzakawandisa zvekuti handizive kuti ndotangira papi uye ndogumira papi. Rimwe zuva ndakaenda kuchipatara kunoita basa rehutongi, ndakaona chiremba wechikadzi akabata bhuku rako muruoko achiunganidza vamwe vanachiremba vakati wandei. uye achitsanangura nechido kuti mukuwasha wake akaponeswa sei kubva kuchirwere cheitsvo chakakomba neveganism yakasvibirira.Ipapo akati: "Tsamba yaamai vomudzimai waOfelia Hambarsoumian iriwo mubhuku rino." Zvinoita sokuti haana. t know me.Ndakatarisa bhuku riya ndikaona riri photocopy rebhuku rimwe chete randainge ndasaina ndikapa vanhu.Nekuti bhuku renyu harisi nyore richatorwa maphotocopy kuti vanhu vakawanda varishandise. doctor vakandiziva,vakandikumbira kuti ndiende kunoona murwere rimwe zuva.Ndakaenda musi watakanga tagadzirisa.

Aichimbova murwere ainzi Ozonian, zvino akanga agwinya chose, akanga aronga mabiko anofadza; Ndichiremba wemhuka, mudzimai wake chiremba, mukoma wake purofesa wepayunivhesiti, mudzimai wake chiremba, vatori venhau vakati wandei nevamwe vatsva vanodya mbishi vakaungana. Dr. Abajian vanobva kuKirovakan, vakapinda nevateveri vatsva vakawanda vanodya mbishi.

Ozonian akanyora tsamba kukero yako yekare gore rapfuura paakanga achirwara zvakanyanya, asi ndinofunga kuti haina kusvika kwauri. Tsamba iyi inonakidza uye yakakosha zvekuti ndiri kuikopa nekuitumira kwamuri. Sezvaunogona kuona mutsamba yacho, akanga achirwara gore rakapfuura zvokuti vakaodzwa mwoyo naye, asi iye zvino ari kuita basa rake noutano hwakakwana; ***Tsamba yeOzonians:***

ÿ *"Handizivi kuti nditaure sei kushamisika kwangu neruremekedzo rwangu kwauri iwe uri mutsigiri mukuru uye nyanzvi huru yesainzi yezera rino. Kunyange nekuda kwechirwere cheitsvo, handina simba zvekuti handikwanise kunyora. mashoko mashoma kunyangwe kuhama dzangu dzepedyo asi ndinokunyorerai nemufaro mukuru ndimi moga munhu wandinonyora pasi rose asi handikwanise kunyora.Mukoma akauya nebhuku renyu akasimbirira kuti Ndakariverenga, ndakagara pamubhedha kuti ndisamugumbure ndokutanga kuverenga bhuku rakanga rabvarurwa nekuverenga zvakanyanya; asi handina kukwanisa kusiya bhuku iri remashiripiti,*

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nokuti mutauro waro unopinza uye une shungu, pamwe nepfungwa dzako dzakadzama nedzesimbi, zvakaronza muviri wangu wese. Rwaiva rufu runosiririsa rwevana ava rwakakuendesa kunzvimbo dzakavanzika dzegungwa resainzi mukutsvaka chokwadi. Kusuwa kukuru kwakakonzera kuti uve zuva rebiology. Nekuda kweizvi, vanhu vane chikwereti kuvana vako vaviri uye mazita avo acharamba ari mundangariro dzemarudzi. Mushure mekuverenga bhuku renyu, ndakabva ndaenda mbishi uye ndisina kumirira mhedzisiro yekuporesa, ndinotaura kuonga kwangu. Nokuti ndakanga ndine chokwadi chemashoko ako; Nekuti ndiri chiremba wemhuka uye ndinonyatsoziva biology, ndinogona kunzwisisa zviri nani hukuru hwemashoko ako. Pfungwa dzese dzesainzi yebiology, idzo dzaive dzakadzika midzi muuropi hwangu kwemakumi emakore, dzakachinja nezuva rimwe. Ndine chokwadi chekuti ramangwana richapfugama pamberi pehukuru hwenyu, nekuti hapana chikuru chakawanikwa chakambovanzwa. Ndine makore makumi mana. Ndine chronic nephritis, my condition is very serious. Ropa rangu nitrogen i65-90 uye haidzike.

Ndakarara pamubhedha, ndichingofemera pamusoro pako, ndine chokwadi chekuti ndichapora. Ndichava nechikwereti naamai vangu nekundibereka uye kuva nechikwereti kwamuri chekuenderera mberi kweupenyu hwangu, nekusingaperi..."

Imwe nhau inofadza: mumwe wevatapi venhau ve "Science & Life" magazini akauya kuYerevan kubva kuMoscow kuzoita tsvakurudzo pamusoro pekuvandudzwa kwezvisikwa zvipenyu.

Vana chiremba vakawanda nevanodya mbishi vakaungana mumba memutori wenhau anodya mbishi uye akanyora rondedzero. Akanditsvaga, uye munaNovember 15, 1971, tsamba nhamba 13 (ndakanga ndanyora tsamba yakadzama kumupepeti webepanhau re "Avangard" sezviri pachena yaive nemhedzisiro, nekuti ndakaziviswa nerunhare kuti nyanzvi yezvirwere zvekugaya. system, Muzvinafundo Jivan Shmavonyan , vaida kusangana neni nevamwe vakadya mbishi. Ko ndaigodii kunze kwekuita party yevanodya mbishi. Mazuva mashoma mutambo usati waitwa, ndakatora zororo muhofisi uye pasina kana kunyara, ndakaedza kugadzira tafura yaizova itsva kune vanodyawo vapenyu.

Chingwa chakasvibirira, mabhisikiti, basaq, pamwe nemhando dzakasiyana dzejamu dzakagadzirwa nemashizha emaruva, mhodzi dzemapomegranate, kunyangwe kubva kune green walnuts zvandinogadzira gore rega rega muchirimo, uyezve nemasaladhi akasiyana siyana, ndakanga ndashonged

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matafura matatu makuru zvekuti zvakaoma kutaura. Kwekanguva, hapana akashinga kubata makeke matatu makuru anopenya zita rako. Ndakazoicheka ndokuiridza. Tafura yakachema kubva pakurema kwemichero uye muto wemichero!

Hanzvadzi yaAterhov (Siranush BabaKhanian) inoonekwa pakati, kuruboshwe rwake ari purofesa ***Shmavonyan,*** *uye Haikanush Ter Hovannessian akamira shure kwake.*

Musangano wakarongwa musi wa24 Gumiguru, 1971 na16:00. Pamberi pemaawa maviri ndatumira sisi vako kuti vatange vasvika vabatane navo semumiriri wako. Chekutanga, honorable professor pachavo vakapinda vakandibata ruoko nemaoko avo ese nechiso chainyemwerera ndokusangana nehanzvadzi yenyu nerukudzo rukuru. Mune imwe nguva, vose vakadya mbishi vaenzi vaiva vanachiremba, mapurofesa yunivhesiti, vatori venhau, vadzidzisi, nezvimwewo, vanenge makumi mana nevashanu vanhu vakapinda kamwechete. Ndakakatyamadzwa, ipapo ipapo Dr. Abajian vakasvika nemotokari yavo navakadzi vana vakasimba uye vanofara vaibva kuKirovakan; Akatanga ataura nezvehurwere hwake akatumira kutenda kwako kwauri nekubvisa zvirwere izvi uye akakushuvira zvakanaka iwe nehutano hwako.

Ipapo vese vaidya mhenyu vakapa hurukuro imwe mushure meimwe uye vakapa tsananguro yakadzama nezvehurwere hwekare uye hutano hwazvino. Muzvinafundo akanga akagara akanyarara, achinyatsoteerera uye achinyora manotsi mubhuku rake. Vazhinji vevaenzi vaisamuziva, paakasimuka ndokuzvizivisa mushure mekunge mareports evanodya mhenyu apera.

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vanhu vese vakagara ndokutanga kuteerera vakanyarara. Akatanga kutaura zvishoma nezvishoma pamusoro pezvinangwa zvake uye zvirongwa zvake.

Mumwe wemapurofesa ekuyunivhesiti anoverenga tsamba yaHovannessian. Dr. Abajian akagara kudivi rake rekuruboshwe.

Akati: "Hovannessian aita basa guru inoratidza kuti masayendisiti akawanda akakurumbira akabva kuvanhuwo zvavo; Kunyangwe Hovannessian asiri chiremba, asi nekuwanikwa kwake, anomira pamusoro pevanachiremba uye ane kodzero yekuve musayendisiti. Kunyangwe aine vavengi, asi chokwadi ndechekuti anokunda. Imi mose makataura, makatora, asi mashoko aya anoramba anemi. Munofanira kuronga huwandu hwevanhu, motora nhamba dzevanodya zvipenyu, muone kuti ndezvipi zvirwere zvavaiva nazvo kare uye kuti zvakamira sei, uye kutipa magwaro aya." Maererano nechikumbiro chake, komiti ine vanhu gumi nevashanu yakasarudzwa. uye zita rangu rakanyoreswawo imomo.Takasarudza kuita musangano wakadaro kamwe chete pamwedzi mitatu yoga yoga

Muzvinafundo akataura kuti aifunga zvekumisikidza mbishi-vegan sanatorium, paivezve nekutaura kwekutanga imba yekudyira. Mukupedzisa, nechikumbiro chamuzvinafundo, ndaunza mamwe mafotokopi etsamba dzenyu, dzetsamba yakabva kuhurumende yeIndia,

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tsamba yandakanga ndanyorera "Avangard", uye yetsamba yaOzonian naMakarian. Akadya masalad ese nezvimwe zvidya nemufaro mukuru uye akabvunza kuti ozvigadzira sei. Ndakagovera makopi gumi emafomu esaladhi andaive nawo kuvaenzi. Iyi haisi imwe yeshanduro dzandakakutumira, iyi inyowani uye yakakwana.

Musangano wakaitwa kubva na16:00 kusvika 21:00. Pakuenda, proffecor akandipa rimwe ramakadhi ake uye rimwe kuna Siranoush ndokutikumbira kuti tigare tichionana naye. Akati kuna Siranoush: “Ndinoshuva zvechokwadi kuona mukoma wako, kuti tibvunze uye toronga pamwe chete gadziriro inobudirira yokusvika kwairi kuenda nokukurumidza. Zvakaoma kuwana mvumo yokuenda kunze kwenyika; Nyorera hama yako, zvichida ingashandisa pesvedzero yayo. kugadzirira kukokwa"

Kero yaPurofesa: **Jivan Mambre Shmavonyan , Papazian No. 17, Yerevan.”**

Haikanoush Ter Hovannessian, 10 Alaverdian St. Erevan.

Tsamba kubva kuhurumende yeIndia:

Indian Information Service - TS Kanwar

Tehran, Ndira 4, 1971, Embassy yeIndia. press associate

"Sekuziviswa kwatakaitwa, makaburitsa bhuku pasi pemusoro wekuti "Raw-eating". Unogona kuzivisa kuti hurumende yeIndia yakagadza komiti yekuita sarudzo yeNature Cure, iyo inoitisa zvidzidzo pamusoro pekufambira mberi nekuvandudzwa kweNature Cure.
Bhuku renyu rakapihwa komiti iyi, inoriziva uye inofunga kuti ringava basa rakanaka. Naizvozvo, Bazi rezveutano nekuronga kwemhuri rekuIndia riri kufunga kutengesa bhuku hombe iri nemutengo wakaderera (marupee mashanu chete) kuti rigovawe. Havana pundutso kubva mukutengeswa kwebhuku rino.

Tingave tichitenda zvikuru kana iwe ukangopa mvumo Hurumende yeIndia kuti itsikise bhuku iri muChirungu nemimwe mitauro gumi nemiviri yemuno.

Zvakare, ndapota tizivise kana bhuku iri rakagadziridzwa kubva 1967 edition. Kana kuti unoda kuigadzirisa munguva pfupi iri kutevera?

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Naizvozvo, tichaonga kana tikava nemvumo inodiwa yokukwanisa kubudisa iri bhuku muIndia."

TS Kanwar.

Ndiyo inonyanya kushanda yehutano muIndia, iyo yakavambwa muna 1964 naMahatma Gandhi. Vanogara vachiparadzira mabhuku angu nezvinyorwa muIndia. Ministry of Health yeIndia yakaunzwa kubhuku rangu nesangano iri. Hezvino zvimwe zvikamu kubva mutsamba dzandakanyorerwa nemukuru wesangano iroro:

"Ndakanga ndaverenga nezvenyu makore mashanu apfuura muBritish Vegetarian Magazine, iyo yandakanga ndisingatarise zvakanyanya uye ndakanga ndapotsa ndakanganwa; Kusvikira mwedzi wapfuura, mumwe mukadzi wekuMexico anoitisa sanitarium ipapo akagara nesu kwemavhiki matatu uye akataura zvakanaka nezve. Chikafu chisina kubikwa.Kubva ipapo ndanga ndisingashiviriri ndichiedza kukubatai ndichihodha bhuku,asi kero yenyu ndingaiwana sei?Asi mazuva mashoma apfuura vanhu vaviri vakauya kwatiri vave nemakore mashanu vachidya chikafu chisina kubikwa ndokundipa yako yako. Sangano iri rakavambwa naGandhi uye ndakaita rombo rakanaka kushanda ikoko kwemakore gumi mumakore ekupedzisira ehupenyu hwake.

NATURE CURE CENTRE, Uruli- Kanchan, India

Mutungamiri weIsrael Vegan Society, mupepeti mukuru we "Nature uye Health" magazine:

"Ndinokutendai zvikuru netsamba dzenyu dzamatumira. Tinoedza kuatora kune avo vanoda kuashandisa zvakanyanya. Tatengesa mavhoriyamu zana emabhuku enyu kusvika zvino; Munyika duku umo vanhu vakawanda vasingazivi Chirungu, kutengesa mabhuku akawanda kudaro ibudiriro huru. Ndiri kukutumira chivharo chemagazini "Nature and Health" (TEVA UBRIUT), umo mufananidzo wakanaka weAnahit ane makore matanhatu akadhindwa zvakare. Iye zvino ndiri kugadzirira chinyorwa chekudhinda nemufananidzo waAnahit ane makore gumi nemaviri."

Jaacov Grabois, 10 Hateyna St. Nevey Oz. Izirayeri

Chiremba uyu ndiye mutungamiri weBritish Vegetarian Society, uyo ane tsika muLondon, uye mushure mekuverenga bhuku rangu, aive

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anogutsikana uye anopa kero yangu kuvarwere vake uye anonyora bhuku rekudya rakasvibira. Tsamba inotevera inoratidza izvi:

"Ndakaverenga bhuku renyu rekudya mbishi. Dr. Lato vakandiraira chikafu chekudya chekudya chekudya chekurapa cancer. Vandipa kero yako kuti ndigokwanisa kuhodha bhuku racho. Ndichatumira madhora gumi netsamba uye ndokumbira unditumire mabhuku matatu. uye mapepa matanhatu."

Mai Campbell Moodie, 31 Linden Garden, London, W. 2

Mai VERA STANLEY ALDER:

"Mudikani shamwari ine mbiri, ndakanyatsoverenga bhuku rako kaviri ndikanzwa saizvozvo bhuku rino richaunza nguva itsva kuvanhu. Zvakakosha zvikuru kuisa bhuku iri pamberi pemeso evanhu kuitira kuti pakupedzisira pave nekudengenyeka kwenyika. Iwe uri shasha yakakwanisa kuziva chokwadi chiri nyore uye chakakwana uye nekuchitsanangura nemazvo kupfuura vese vezvekudya vane mabhuku andaverenga kusvika zvino.

Kwemakore, ndave ndichisimbisa vanhu kuti munhu muchero uye ndiwo magadzirisirwo achaitwa matambudziko enyika uye nyika yegoridhe ichasikwa. Motto yako ("usabike") inobvisa zvikonzero zvese, zviyero, moderations, nehurongwa hwakareruka uye hwakakosha. Iwe uchabvisa zviverengero uye zvichingodaro izvo zvakakurukurwa kusvika zvino, uye munzvimbo yavo iwe uchapa vanhu hutano chaihwo uye mufaro.
Kuwanikwa kwako, kufanana nekuwanikwa kwemagetsi, ibasa renyanzvi, uye zvichida vanhu vanokunzwisisa iwewo vane ruzivo.

Ndichaita zvose zvingadiwa kuti bhuku renyu rive nomukurumbira; Parizvino ndiri kugadzirisa bhuku, kunyora rimwe bhuku uye kupa hurukuro. Mazuva mashoma kuita zvinhu izvi. Iye zvino mamiriro ezvinhu munyika akaoma, asi ini nemurume wangu tinokurudzirwa, maererano nekuziva kuti iwe nebasa rako uye kubudirira kwako kuchiri munyika ino. Ndapota bvuma kuti tiri pedyo newe.

Ndiri kukutumirai rimwe remabhuku angu. "Tave tiri vegan kwemakore, hatiputi kana kunwa doro, uye iye zvino murume wangu neni tiri kushandisa nzira yako."

"WORLD UNION FELLOWSHIP" 8 First Avenue, London.

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CHINOKOSHA CHEUTANO» Hutano Hwepamusoro uye Hupenyu Mutemo Vaparidzi:

Kubvumbi 29, 1968:

"Ndakagamuchira bhuku renyu.
asi inonyatsoenderana nepfungwa dzangu, zviito, uye zvinyorwa. Iye zvino tave kutsikisa magazini inonzi "ZVINHU CHEUTANO". Kuwedzera pakubudiswa kwemagazini ino nemabhuku angu pachangu, ndinoda kutengesa mabhuku ekune dzimwe nyika anoratidza vanhu nzira yakarurama. Nechinangwa ichi, ichokwadi kuti bhuku rako rinofanira kuverengerwa pakati pemabhuku angu, saka ndapota ndizivise nezvemitemo yekuderedzwa kwehorese."

Chivabvu 24, 1968:

"Ndinofara kukutumirai cheki ye$82,5 yemavhoriyamu makumi mashanu emabhuku ezvokudya zvisina kubikwa. Kana muchida kutipa kodzero dzokudhinda bhuku racho, ticharigamuchira nomufaro. Tine zvishandiso zvose zvokuritsikisa."

Box 2821, Durban, South Africa.

DAULAT RAM PUBLIC MISSION:

"Uchashamisika kugamuchira tsamba iyi; Nditendei, mushure mekuona bhuku renyu, nhengo dzose dzebhodhi revatungamiri vechikoro ichi hadzina kungokanganiswa zvakanyanya, asiwo dzakagutsikana zvachose kuti kuburikidza nezvokudya zvakabikwa chete zvinogona kuponeswa vanhu kubva. zvirwere zvese.Nharaunda yedu isangano rinopa rubatsiro.Tafunga kuita raw food movement muIndia.Mukatitendera kuprinda bhuku renyu muchirungu nendimi dzemuno tinogovera zviuru gumi zvemakopi mahara pekutanga.Tichaita tauraiwo nevebazi rezvehutano kuti vazeyewo nyaya iyi mumabasa avo.Takasarudza kuratidza chokwadi muzvipatara.

Tinoziva kuti huzivi hwako hune vanopikisa maererano nezvido zvevanhu, asi munyika yakaita seIndia, umo ruzhinji rwevanhu vari varombo uye vane nzara, zvokudya zvakasvibirira zvichawana nzvimbo yakakodzera uye zvichakonzera mamiriyoni evanhu avo semugumisiro we chikafu chakabikwa netsika netsika dzakaipa tambura, uponeswe. "Gare gare, kana bhuk

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raburitswa uye mhedzisiro yacho yawanikwa, tichatumira kokero yekuuya kuIndia nemhuri yako ugoona mhedzisiro nemeso ako. "

Krishan Mohan, mutevedzeri wemutungamiri. 17- B, Asaf Ali Rd. NewDelhi

Pashure pokugamuchira tsamba kubva kumumiriri weIndia, ndakasarudza kuedza zvakare ndokuzivisa zviremera zvenyika yedu pamusoro pouku kukunda. Kutanga, ndakanyora tsamba inotevera kuna MohamadReza Shah Pahlavi, yakabatanidza bhuku rePersia, Chirungu neArmenian kuHofisi yeImperial.
Tsamba:

"Ndinodada nekukuunzirai nhau dzinofadza kwazvo dzinogona kunetsa kufungidzira pakutanga.

Somugumisiro wemakore makumi matatu ekuedza, zvidzidzo, tsvakurudzo uye zvakaitika, nhasi zvave zvichinyatsoratidzwa kuti zvikonzero zvezvirwere zvose zvinokonzerwa nekudyiwa kwezvokudya zvakabikwa, makemikari nezvimwe zvinhu zvakafa izvo vanhu vanoisa mumiviri yavo vasingazivi. Ndakava nechokwadi cheizvi apo ndakarasikirwa nevaviri vevana vangu vandinoda, mumwe pazera remakore gumi uye mumwe pazera remakore gumi nemana, semugumisiro wemishonga yemishonga "inoshanda" uye "kusimbisa" zvokudya navanachiremba vanozivikanwa. Bhuku rine udzame randakanga ndanyora muchiArmenian rakadhindwa ndokubudiswa muna 1960, ipapo kuti ndizivise vakadzi vomunyika yangu/varume vokuPersia vokuPersia muna 1963, ndakabudisa kwechinguvana kabhuku kaduku muchiPersian, kopi yaro yandakagovera panguva imwe cheteyo. Bhuku rataurwa rakacherechedzwa naVaPahlbod, Gurukota reMitemo neMitambo. Akandidaidza uye mushure memisangano yak Abbas Nafisi, Munyori Mukuru weRed Lion uye Sun. VaDr. Abbas Nafisi naDr. Abolqasem Nafisi, mukuru weKhaje Nouri Maternity Hospital, vakafarira pfungwa dzangu nemafungiro angu uye vakavimbisa marudzi ose erubatsiro nekushandira pamwe; Nechinangwa chekuferefeta kwekutanga nezvechikafu chisina kubikwa, vakandisuma kuNemooneh Orphanage neNhamba Yekutanga Nursery neBahrami Children's Hospital. Nehurombo, ndakasangana nemamwe matambudziko ipapo, nekuti zvaive zvakafanira kuparadzanisa vamwe vanachiremba nevashandi kubva kune ekare pfungwa dzakaipa uye kuti vazive pfungwa dzavo nemafungiro matsva, saka, nekuda kwekumisa basa, kuedza kwangu kwakaramba kusina zvibereko uye ndakasiya kwenguva pfupi kutsvaga. nyaya yacho. Zvechokwadi, nehukuru

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kuzvidemba, kunyanya sezvo ndakanyatsocherechedza migumisiro inokuvadza yetsika dzavo dzekudya dzisina kururama.

Chaizvoizvo, vatariri vemasangano ataurwa pamwe chete navanachiremba vese havana kuterera nezvemhedzisiro yezvokudya zvakafa uye vakangodyiswa zvakabikwa uye zvisingakoshi zvokudya kune varwere vose, seresitorendi, izvo zvinokonzera zvirwere 100%. Mushure mekushaya kubudirira munyika yangu, ndakafunga kutaura pfungwa dzangu kune masayendisiti ekunze kwenyika, kuitira kuti pamwe nenzira iyi ndiwane humbowo hunoshanda uye husingarambiki hwekuita hurongwa hwangu munyika yangu. Zvino kuti nguva yasvika, ndinonzwa kuti ibasa rangu rinoyera kuendesa ruzivo urwu rwakakosha kune imi makaratidza chinangwa chenyu kupasirese nekuchinja kwechena *kwe shah nevanhu.*

Bhuku rangu reChirungu rakatanga kudhindwa rikaburitswa muna 1963, uye rave kutengeswa. Ipapo, muna 1965, ndakabudisa bhuku rechipiri mumutauro wechiArmenian uye makore maviri gare gare ndakashandura bhuku rimwe chetero mumutauro wechiNgezi, naro ndakatumira rimwe nerimwe rawo kwamuri. Ndakatumira mavhoriyamu zviuru gumi zvemabhuku aya uye mapepa emahara anosvika hafu yemiriyoni kune vezvematongerwo enyika vekune dzimwe nyika, kumapepanhau, masangano, mayunivhesiti, nezvimwewo nenzira yangu uye zviwanikwa. Gore rino zvakare, ndakadhinda maturakiti zviuru gumi mumutauro wechiArmenian kuti ndipe vanhu pachena. Mhedzisiro yezviitiko izvi yaive yekuti nhasi munyika dzepasirese, kunyanya muAmerica, India neArmenia, kune mazana ezviuru zvevanhu vari Raw-Vegan, vazhinji vavo vaive varwere vakaodzwa mwoyo navanachiremba, uye zvino. vanopfuuridzira upenyu hwavo muutano hwakakwana. Ndinogamuchira zviuru zvetsamba dzekutenda kubva kwavari. Anenge ese mavegans uye naturopathic vanachiremba nemamwe masangano ehutano anofambira mberi akaparadzira mabhuku angu nemapepa uye anotanga kushambadza kwakakura nezve mbishi veganism; Vanoshambadza zviziviso zvangu mumapepanhau avo, vanovaka sanatoriums for raw veganism. MuMexico, musha wenherera wezvokudya unotangwa. Bhuku rangu riri kuturikirwa muchiSpanish kuArgentina uye muchiHindi kuDelhi uye riri kudhindwa parizvino. BBC yakaburitsa bhuku rangu paTV ndokuverengera vanhu zvikamu zvaro; Philanthropic vanachiremba muEurope, America, etc. ipai kero yangu kune "vasingarapike" varwere uye vanokurudzira kuverenga

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bhuku rinodya mbishi. Biologist yeYerevan Academy inodzivirira uye inotsigira maonero angu mumagazini yepamwedzi "Science & Technics".

Sezvo bhuku rangu guru muArmenian rakabudiswa makore gumi apfuura, the nhamba yevanodya mbishi muYerevan yakawedzera. Vanotanga hukama kune mumwe nemumwe uye vanoronga mapato nemhemberero zvichienderana nekudya kwakabikwa. Vanachiremba vazhinji vanoonekwawo pakati peava vanodya chikafu chisina kubikwa; Mukuru uye purofesa wedhipatimendi rekudya kweYerevan University anoronga hurukuro dzekudya kwakabikwa, uye mukuungana uku, vanhu vakaponeswa kubva kuzvirwere zvakakomba vanopa mishumo yavo.

Somuenzaniso, mumwe chiremba wechikadzi akatambura nokuoma mitezo uye akanga asingakwanisi kufamba kwemakore mana, akasimuka mushure memwedzi gumi nemina yezvokudya zvakabikwa uye iye zvino ane hutano hwakakwana. Mumwe muenzaniso unofadza: mumwe wehama dzangu, murume wechidiki ane makore makumi maviri nemasere, akanga achitambura nekushaya simba kwetsinga uye asingakwanisi kufambisa maoko ake nemakumbo; Haana kupa ngwariro kumirayiridzo yangu yapachena, akaenda kuEurope katatu uye akashandisa mari inopfuura mirioni imwe kutozosvikira pakupedzisira agamuchira bhuku rinodya mbishi muLausanne kubva kunyanzvi yetsinga dzakakurumbira yakanga yarava bhuku rangu ndokusvika pakuziva zvokwadi. Akadzokera kuTehran.

Kune zviuru zvezvinyorwa zvakafanana mufaira rakakodzera uye ini ndakagadzirira kuzvipa kune chero munhu akagadzwa . Mushure mezvose, kubudirira kukuru kwakauya kwandiri nguva pfupi yadarika ndeyekuti hurumende yeIndia yakabvuma zviri pamutemo bhuku rangu serinobatsira uye yakafunga kuriburitsa nekukurudzira kuverengerwa kwaro kuvanhu veIndia kuti vatevedze mirairo yebhuku. . uye kuponeswa kubva kuhosha, urombo uye nzara.

Nhasi zvinonyatsoratidzwa kuti avo vanodzivirira kudyiwa yezvokudya zvakabikwa, zvinodhaka zvine chepfu nezvimwe zvinhu zvakafa hazvina zvirwere zvose, zvingava zvishoma kana kuti zvinorema, zvakadai sehosha yemwoyo, kenza, chirwere cheshuga, zvirwere zvinotapukira, dzihwa. etc vanoponeswa. Magwaro aripo anoratidza zvakanaka kuti sezvo zvipatara zvitsva zvinovhurwa, nhamba yevarwere inowedzera zvakaenzana; Nekuti zvipatara, zvitoro zvemishonga uye makicheni ndiwo manyuko ezvirwere; Naizvozvo, hapana chikonzero chekuvaka zvipatara zvitsva, asi mamiriro ezvinhu anofanira kugadzirwa kuti zvipatara zvisiiwe zvisina varwere uye zvivharwe chimwe mushure mechimwe, uye

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chimiro ichi chiri chete mukuchinja nzira iyo vanhu vanodya nayo. Kusiyana nezvinofungwa nevamwe vanhu, zviri nyore kuita izvi.

Sezvo hurumende yeIndia yakasarudza, chekutanga, zvakakosha kukurudzira nyika kuti iverenge bhuku rezvokudya zvakasvibirira uye chechipiri, inofanira kuziviswa zviri pamutemo kuti kubika chinhu chisiri chechisikigo uye chisingakoshi. Panofanira kuva nemuganhu kune zviziviso zvenhema uye zvinotsausa zvezvokudya zvakafa, mishonga ine chepfu uye mavitamini emakemikari.
Panzvimbo pekugovera mishonga ine muchetura pakati pevarimi, vakuru veHealth Corps vanogona kuvadzidzisa nzira yekurima kubva kune mimwe miriwo mhenyu. uye gorosi rakamera, rakagadzirwa zvinonaka uye zvakachipa zvokudya zvine utano, kana kuti munhu anogona sei kugutsa muviri wake zvizere ane mariri maviri egorosi mhenyu, mariri maviri emisi uye maviri mariri emiriwo uye kurarama pasina chirwere. Kuburikidza nemapepanhau, redhiyo uye terevhizheni, zvinokwanisika kunyevera nekuraira kurudzi pamusoro pekuchinja kwemaitiro ekudya, kugadzirira kwezvipenyu uye zvinosimbisa chaizvo chikafu chepanyama; Zvipatara zvinogona kushandurwa zvishoma nezvishoma kuita sanatoriums; Nzira yekudyisa vana, misha yenherera nezvipatara zvinofanirwa kuita zvishoma nezvishoma zvinosungirwa mbishi-vegan. Nekuda kweizvozvo, vanhu vanotamisa masanatorium aya kudzimba dzavo vova vanachiremba vavo. Nenguva isipi zvipatara zvinenge zvisisina varwere uye zvichavharwa mumwe pashure pemumwe. Kushandiswa kwemarudzi ese efodya, zvinwiwa, nyama, hove nezvimwe zvinokuvadza zvinozoderera zvishoma nezvishoma.

Maarumondi, pistachios, mazuva, mazambiringa akaomeswa uye zvinhu zvakakosha zvekudya zvakadaro nemimwe michero yakawanda nemiriwo zvinotengeswa kune dzimwe nyika nemitengo yakaderera, izvi zvinofanirwa kumiswa uye hapana kunze kwenyika kunofanira kuitika. Saka chikafu chakura pano chichadyiwa nevanhu vedu uye nekudaro, mararamiro evanhu achakwira uye maitiro avo asina kunaka achadzikira. Umbavha, utsotsi nemanyepo zvichapera. Izvi, izvo zvinoita sezvisingabviri pakutanga, zvichava chokwadi munyika yedu mukati memakore mashoma.

Hatifanire kutarisisa kune zvisina musoro, zvenhema, uye zvisiri izvo zvevamwe vanachiremba vanoda mari uye vane hutsinye, nekuti havana kungo kwanisa kuwana mushonga diki wekudzivirira zvirwere nezvavanoti, asiwo nezviito zvavo zvakaipa uye.

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kukanganisa kwakanga kwakonzera kuparariira kwezvirwere izvi. Mhinduro kunhaurirano idzi dzose inongova mugumisiro chaiwo webasa nechiito. Kana chigumisiro chinowanikwa mumhuri yangu chisina kuvakwanira, pamwe chete nepakati pevadyi vezvokudya zvakasvibirira vakapararira kune dzimwe nyika, kana ndikagamuchira zvivako zvakakwana uye nzira, ndakagadzirira kuratidza uye kuratidza chokwadi chekutaura kwangu nechiito. munguva pfupi.

Chikumbiro changu ndechokuti muverenge nokushivirira mabhuku nezviziviso zvandakutumirai muChirungu.”

"Kuvapo kwemuponesi mukuru wevanhu kubva muurombo nehurwere:

Ini ndiri mukuru pamudyandigere weImperial Army, akaenda pamudyandigere aine makore gumi nemasere nemwedzi mitatu yeruzivo nekuda kwekufutisa zvakanyanya mugore re1344 *(karenda yezuva rePezhiya)* maererano nechisarudzo cheMedical Council yeHondo maererano nefaira re zvirwere zvakakomba zvakarongwa. Ndisati ndambozorora kwekanguva kuti ndirape kufutisa kwangu, kwandainge ndawana kunosvika 125 Kg, mapiritsi ekuonda akadai seMetrical akanyorerwa ndikabva ndaanwa, izvo zvakaita kuti huremu hwangu hwasvika pa150 Kg uye hukaramba huchiwedzera. Kusvika ndapererwa simba rekushanda. Zvino, nekuraira mavhitamini, kebabs uye zvimwe zvekudya, ndakawanawo asima. Zvakasarudzwa kundisiya, ndiko kuti, pasina mibairo, ndiko kuti, nemuhoro usina kukwana. Panguva iyi apo asthma yangu yakanga ichinditambudza, vakandiendesa kubazi reallergies rechipatara cheN. allergic kuzvinhu zviya, hongu zvakazvimba zvese, asi zviviri kana zvitatu Vakazvifunga pakangopera chikumbiro chaive chisina chinhu vakati unovarwarisa uye unofanira kubaya majekiseni katatu pasvondo; Nekuda kweizvozvo, ndakabatwa neasthma yemoyo uye nekunyorera mamwe mapiritsi akadai seValium, sirapu yemazamu nemishonga inouraya, itsvo yangu yakatadza kushanda uye kurwadziwa kwakanyanya mudumbu kuzvimba. Ipapo uremu hwangu hwakawedzera kubva ku160 Kg uye zvakare nekutora mahwendefa akasimba ecorten akarairwa nachiremba, ndakafuta zuva nezuva uye ndakawana inonzi Courtney osity uye ndakatumirwa zvakare pamubhedha.

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kuwadhi yechipatara chimwe chete kuti urapwe nekusingaperi! Mushure mekuvhiyiwa umbilical hernia, chiremba akandiudza kuti ndakadurura mamiriyoni makumi matatu emayuniti epenicillin mudumbu mako; Zvino ndinonzwisisa kuti neiyi penicillin, ndakanga ndasvika pachikumbaridzo chorufu. Panguva iyi, mwanasikana wangu muduku aiva nechirwere chemwoyo uye aifanira kubaya jekiseni repenicillin (Penador) miriyoni imwe chete nemazana maviri vhiki imwe neimwe kusvikira pazera remakore 18. Ukuwo, makumbo omwanakomana wangu muduku akanga akakombama kubva kumativi uye akanga achirwara nechirwere ichi. -inonzi rachitis. Mudzimai wangu anotambura nehurombo nezvirwere zvakawanda ini nevana vangu akamhan'arira kudare remhuri rinotsigira mhuri akakumbira mari yemendenenzi ndikatadza kubhadhara mari yemendenenzi nekuda kwemari yandaitambira, ndakamuramba zvichireva kumuchengeta. kubva muupenyu hunosiririsa. Ndakagara nevana vashanu vairwara nenherera. Zuva rega rega, pandakaenda kune vanachiremba vane mabhukwana einishuwarenzi yehutano, mabhukwana akawanda akazadzwa uye mari yakawanda yemuhoro wangu yakasvibiswa nenzira yekushanyira, ECG uye mari ye laboratory. Ini zvakare ndaizorasikirwa neimwe yemuhoro wangu weinishuware Kusvikira sabhuku wepachikoro chemwana wangu, uyo akaona mamiriro angu ezvinhu, akandikurudzira bhuku rekudya mbishi. Ndakaverenga bhuku iri nechido chizere uye ndakagamuchira zviri mariri uye pamwe chete nevana vangu takatanga kudya 100% mbishi vegan. Mumazuva mashoma asima yangu yakapera; Ipapo utano hwomwanasikana wangu hwakavandudzika zvishoma nezvishoma uye makumbo omwanakomana wangu muduku akatwasanuka, uye ndakatangazve uduku hwangu. Mumwedzi mitanhatu, uremu hwangu hwakadzikira kubva pa160 kusvika 70 Kg. Munguva iyi, nekudya zvakabikwa zvachose, ndakawanazve hupenyu uye hutsva hwemwana uye ndakazvipikira kuti handifi ndakabata chikafu chinouraya. Ndine chikwereti cheruponeso rwangu kubva kunhamo kubhuku renyu."

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VaAkbar Tofangchi- Nhamba 11, Khazaei Alley, nharaunda yeArabia, Naser Khosrow St, Tehran.

Munyori wetsamba iyi mukadzi anouya kuTehran Raw Vegans kirabhu mazuva ese mushure mebasa rake uye anotibatsira mukirabhu, uye dzimwe nguva anototora mamwe mavhidhiyo kubva kukirabhu anoshanda:

"Kukunda kwandakaita gomarara neveganism

yakasvibirira: Munguva pfupi iri kuuya ndichave ndichipemberera gore rangu rechipiri rekuenda mbishi. Makore maviri chete apfuura apo kurwadziwa kwekenza kwaiwedzera zvakanyanya, ndakaunzwa kubhuku rekudya mbishi iro rakachinja zvachose hupenyu hwangu. Kutaura zvazviri, bhuku iri rakaponesa upenyu hwangu.

Pana 2533/2/21 *(karenda yeumambo hwePersia)* ndakanzwa chimwe chinhu chinoshamisa muzamu rangu rekurudyi. Ndakashatirwa zvishoma, ndakaenda kuna chiremba, asi X-ray haina kuratidza chinhu chipi nechipi chaishamisa. Pashure pemwedzi miviri, marwadzo akatanga uye nokukurumidza akawedzera. Kushanyira vanachiremba kunorapwa kwakatanga.

Pana 2533/6/25 nemvumo yangu, kuvhiyiwa kwakaitwa; Pandakazopengenuka, ndakaona kuti zamu rangu rekurudyi rakanga ranyangarika, ruoko rwangu rwerudyi rwakanga rwaita chiveve.

Mafungiro angu haana kuchinja zvakanyanya kusvika muna 2535/1/5, pandakanzwa kurwadziwa pachidya changu chekuruboshwe, ndakaenda kuna vanachiremba vakati wandei uye mushure mekutora mifananidzo yakati wandei, vakawana cancer yemapfupa uye

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mushumo wekombuta weosteotomy kubva kumusoro kusvika kutsoka. tora Mune kumwe kuvhiyiwa kudzivirira chirwere kuti chisaenderere mberi, chibereko changu nemaovari zvakabviswawo. Mazuva makumi mana akapfuura ... vanachiremba vakati ndinofanira kuiswa muchipatara zvakare. Ndakasarudza kuenda kunze kwenyika kunoenderera mberi nekurapwa ikoko. Ndakaenda kuIsiraeri; Pashure pokunge vabvisa zamu rangu rokurudyi, vakatora mifananidzo yemapapu angu nechiropa mwedzi mitatu yoga yoga. Mwaranzi yakawanda yakapinda mumuviri wangu. Vakandibata necobalt kwezvikamu makumi mana, mumusangano wega wega vakaisa cobalt kune rumwe rutivi kwemaminitsi matatu uye kune rumwe rutivi kwemaminits

MuIsrael, vakatanga kutora mifananidzo uye X-rays zvakare, vakatora mifananidzo yegoiter yangu, yandakanga ndavhiya makore apfuura.

Pakupedzisira, chiremba wangu akanditsanangurira muitiro wacho wose ndokuti: “Vakabvisa chipfuva chako nguva yapera, hosha iyi inorwisa mativi matatu omuviri, mapapu, chiropa nemapfupa; Wava nekenza yemapfupa yakura. Musoro wefemu yako wava mutete zvikuru. zvekuti hameno kuti haina kuputsika sei ndakagara pachigaro chendege?"

Muna Israeri, vakapa kobhariti gumi neshanu. Ndakadzokera kuTehran ndiine sutukesi izere nemifananidzo, tsamba, zvinyorwa uye mirairo. Ndakarapwa chemotherapy kwevhiki muTehran, uye kubva na7:00 mangwanani kusvika na2:00 masikati, vaiisa munyu mumusoro mangu. Nekuda kwekuti vakamisa mahormone, huremu hwemuviri wangu hwakawedzera kubva pamakumi matanhatu nesere kilos kusvika makumi masere nematatu kilos. Vaitondifungira kuti vhudzi rangu richadonha ndomera ndebvu. Rimwe zuva, pandakanga ndichida kutora capsule, pandakaverenga bhurocha, ndakaona kuti zvakanyorwa kuti mushonga uyu une kusvika kune gumi nemaviri emigumisiro yakaipa uye zvichida rufu; Asi ndakanga ndichiri mupenyu saka ndakafunga kurega kuzvinetsa.

Mwedzi gumi gare gare, chinjo inokosha zvikurusa muupenyu hwangu yakaitika. Apo imwe yeshamwari dzangu, iyo yakanga yakaoma mitezo iye amene, yakandiudza kuti yakanzwa zviri nani pashure pemwedzi yokudya miriwo yakasvibira, ndakasarudza kuvawo mbiru. Mangwana acho, ndakaenda kukirabhu yemavegans nemuviri unorwara uye wakaora mwoyo kuti ndidzidze nezve nzira yavo yekudya. Ndakadya hafu yakabikwa nehafu yakabikwa

kwemazuva mashomanana, ndakakurudzirwa zvakanyanya uye pakupedzisira ndakava

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anodya mbishi zvachose. Nekudya mbishi mwedzi wekutanga, chishamiso chakaitika mumuviri wangu. Vhudzi retsiye dzangu, rakanga radonha zvachose, rakatanga kukura zvakare; Ndakanga ndine simba rakawanda rekufamba, maziso angu akavandudzwa uye ndakanzwa kumutsidzirwa. Rimwe zuva ndakadonha kubva pamasitepisi pauriri hwemabhura hwehofisi yeinishuwarenzi; Ndakaita sendichaoma mitezo. Nemwedzi miviri iyoyo yezvokudya zvakasvibirira, pane zvakawanda zvakachinja mumuviri wangu zvokuti pavakatora mifananidzo yechiuno changu nemakumbo zvakare, chiremba akati: "Mapfupa ako ane utano kupfuura angu." Pakanga pasisina kana maronda akadzika aya akanga asara mumuviri wangu. Ndakachengeta mapepa ese nemapikicha ndisati ndapedza kudya mbishi. Nhasi, mushure memakore maviri eveganism yakasvibirira, ndachinja zvachose. Handina kumbonwa mushonga panguva iyi.

Ruoko rwangu rworudyi, urwo rwakanga rwakaita chiveve chose pashure pokuvhiyiwa, rwadzokera pakare. Muviri wangu, waive wakazara mapundu pasi peganda mushure mekurapwa chemotherapy uye ndairwadziwa zvakanyanya, wakava nani uye mapundu akanyangarika. Panguva iyi, ndakarasikirwa nemakirogiramu makumi maviri. Iye zvino ndinoshanda maawa masere pazuva uye ndinoshanda zvikuru munguva yangu yekusununguka. Ndinotarisira kupedza nguva yangu ndichifara uye ndiine utano muupenyu hutsva huno.”

Maryam Neshan BarJan, Akazvarwa musi waChikunguru 25, 1931 - Tehran

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Idzi nezviuru zvedzimwe tsamba dzakagamuchirwa kubva kune vanodya mbishi vemarudzi akasiyana-siyana pasi rose dzinoratidza kuti varwere vaya vanorega kushandisa zvinodhaka uye zvokudya zvakabikwa vanorapwa nokukurumidza uye vasingachinji kumarudzi ose ehosha zvachose.

Pepanhau rinonzi "AVANGUARD", rinobudiswa muYerevan, guta guru reArmenia, rinonyora mune imwe yezvinyorwa zvaro (1964, No. 98) kuti: “Vainjiniya vanoverengeka, vaimbi nevapendi, vose ivo vanhu vakadzidza, vava vadyi venyama. Vanokuvimbisa kuti vanonzwa kureruka uye vane hutano zvekuti havadiki uye havanzwi kurova kwemwoyo yavo. "

Magazini yeMoscow inonzi "SAYENZI NEHUPENYU" inoreurura mukati chinyorwa chayo chaMarch, 1965 chokuti pane varavi vayo vakawanda vanodya mbishi, vakarapwa zvirwere zvakasiyana-siyana uye vakazivisa vapepeti vemashoko akazara okupora kwavo.

Mumamiriro ezvinhu munhu haakwanisi kunzwisisa kuti nei nyanzvi dzezvinhu zvipenyu nezvimwe zviremera zvine mutoro zvisingatore matanho ekushandisa misimboti yekudya mbishi. Nei vachizengurira apo nzira yakawanwa yokusvika vavariro yavo yokupedzisira yokusunungura rudzi rwomunhu pahosha nokuva nechokwadi choupenyu hunofadza nokuda kwomunhu ari wose? Kana vakasarudza, vanogona kurapa munhu wese anorwara mukati memwedzi miviri uye kubvisa muzvipatara zvevarwere vavo. Ibasa remunhu wese ane mbiri kuvabvunza kuti vanoda kuzadzisa chinangwa ichi here kana kuti kwete.

Ini ndinozivisa pasi rose kuti KUBVA MIRAIRO YEMIRARA INE CHEFU NEKURUDZIRWA KWEZVAKAbikwa ZVINOFANIRA KUTONZWA SEMHOSVA DZINONYANYA PANE MUNHU, NOKUTI NDIZVO ZVINHU ZVINOITA.

ZVINOPASA ZVIRWERE ZVESE ZVEVANHU.

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Imbwa chena ine makore manomwe, Jackie anogara nesu sevegan mbishi kubva pakutanga kwehupenyu hwake.

Iye zvino zviri nyore kuratidzwa kuti kudya nyama hakusi kwechisikigo kunyange kune vamwe mhuka, uye hatina mhuka chaidzo dzinodya nyama. Jackie anga ajaira chikafu chatinodya kubva azvarwa. Zvizhinji zvezvokudya zvake zvinosanganisira gorosi, mazuva, mazambiringa akaomeswa, pistachios, saladi nemichero yakasiyana-siyana, zvose izvi mumararamiro (raw) fomu, nokuti mumba medu hamuna kunyange gramu imwe yezvokudya zvakafa. Imbwa iyi inotodya hanyanisi neradish nechido chikuru.

Patinomuendesa kunze kweguta, anofura segwayana mumafuro manyoro. Kuenzaniswa nedzimwe imbwa, imbwa iyi ine hutano hwakanyanya, yakatsva uye izere nesimba. Kana tichida kujaira vana veshumba, mbada nemhumhi kudya zvirimwa zvakaita sembwa iyi, mushure mezvizvarwa zvishoma vanosiya zvachose hukasha hwavo vodzikama, vogara pamwe chete nedzimwe mhuka dzakaita semhou. Asi pane kudaro, hatimbofi takajaira kudya nyama yemombe.

Chii chinofanira kudziviswa?

Muchero wakaomeswa wakagadzirwa nesarufa kana mvura inopinza kana nemamwe makemikari haafaniri kupedzwa, nokuti haina kukosha kwekudya uye inongova chinhu chine chepfu, kuitira kuti kunyange makonye asaswedere. Iwe haufanirwe kushandisa iwo mafuta omuorivhi akasefa nemakemikari uye asina iwo echisikigo ruvara kana kunhuwa uye kuravira.

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uye yarasa kukosha kwayo kwekudya. Maorivhi ane munyu, magaka akabikwa uye magaka akagadzirwa nemunyu kana vhiniga hazvifungidzirwe zvipenyu uye zvekudya zvepanyama. Zvakare, vhiniga, waini uye zvinodyiwa zvakadaro zvakadzoka kubva kune yavo yepakutanga uye yepanyama mamiriro hazvina kukosha kwekudya. Munyu unogadzirwawo nenzira inopisa uye inokuvadza, kunze kweiyo inoda munyu nemuviri, iripo mumichero nemiriwo. Usashandise permanganate kana zvimwe zvinouraya utachiona kushambidza michero nemiriwo.

Dzivisa makamuri anopisa, zvipfeko zvinopisa uye mweya wakasviba. Usashandise sipo kana shampoo, ine makemikari anokuvadza ganda uye muviri; Tora kugeza nekukasika.

Mhuka dzakasvibirira hadzidye chikafu chisina kujairika, chakabikwa, chine nyama uye chine mafuta kuva nenyota kwazvo; Iyo haipedzi macalories asingabatsiri kuti adzime nemvura inotonhora, haidiki kuzadza nzvimbo yayo nemvura. Mukuwedzera, zvokudya zvepanyama zvine mvura yakakwana nazvo. Zvisikwa zvakagadzira zvikafu zvechisikigo nenzira yekuti zvizere nemvura muzhizha uye zvishoma mumvura muchando. Kana munhu adya mbishi aine nyota, anopedza nyota yake nokudya gaka kana domatisi kana kapu yemuto wemichero kana mvura yemumvura yakachena. Nechinangwa ichi uye kuti uwedzere mvura kucompote nezvimwe, chisikwa chimwe nechimwe chipenyu chinofanira kugadzirira rimwe kana maviri magirazi emvura yechitubu zuva nezuva. Muchidimbu, munhu anodya mhenyu haafaniri kubvumira chero makemikari kana zvinhu zvine chepfu mumuviri wake, kunyange kana mari yacho iri shoma; ndechokuti haafaniri kunwa mvura yomupombi. Mvura iyi ine chlorine nefluoride, uye zvisinei nekuti idiki sei, nekuti ine simba rekuuraya utachiona, ine zvakare simba rekukuvadza masero emuviri wemunhu. Masero emunhu anonzwawo senge ma microbes, anokurumidza kucheneswa uye anokundikana, kushoropodzwa kwakasimba kunonzwika pasi rese pane iyi tsika isiriyo. Vamwe vanhu vanorerutsa chepfu iyi, vanotora mvura yemupombi iyi, voisa mamwe makemikari matsva nechepfu kwairi, voigadzira nemavara akasiyana voidaidza kuti zvinwiwa zvisiri zvinodhaka.
Kamwe chete pamwedzi, tinounza majiroji mashoma emvura kubva kuVanak chitubu cheTehran chiri padyo nesu uye tinoishandisa. Pane musiyano mukuru pakati pekuravira nekunhuwa kwemvura yechitubu nemvura yemupombi.

Kupfapfaidza nemakemikari fetiraiza ndechimwe chezviito zvisina kuchenjera zvevanhu "vakabudirira" venguva ino. Vanhu vanokara muchetura panyika

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makemikari mafetiraiza uye artificially kuwedzera chigadzirwa uwandu uye panzvimbo inoderedza kunaka kwayo; vanopfapfaidza michero nemiriwo kana zvaibva votengesera vanhu pakarepo. Gare gare, chiremba pachake, uyo akatanga kupfapfaidza uku, anoona mugumisiro wakaipa webasa rake pachake uye panzvimbo pokuimisa, anorambidza kudya michero nemiriwo.

Izvozvi mamiriro akaita seizvi, vanhu havafanirwe kushandisa kukuvadza yekupfapfaidza sechikonzero uye kubika michero nemiriwo. Nekuti kana kupfapfaidza kuchiparadza kukosha kwechigadzirwa semuenzaniso 10%, kubika kunoparadza kukosha ne100%, uye panguva imwecheteyo, inoburitsa chepfu yakawandisa mukudya zvakafa pane kupfapfaidza. Vanhu vanofanira kugeza zvikafu zvine muchetura izvi zvakanaka uye panguva imwe chete vachirwisana netsika iyi isina hunhu. Iye zvino manzwi evanhu ari kusimudzwa kubva kumativi ose enyika. Vanoumba masangano, vanodhinda magazini, uye vanovhura zvitoro zvakasiyana-siyana nezvipatara uye dzimba dzokudyira kuti vadyise vanhu nechikafu chakagadzirwa pasina fetereza yemakemikari nemishonga yezvipembenene. Vamwe vevateveri vangu vekune dzimwe nyika, vanozvitengera ivhu kuti vave nebindu repachivande uye vagovapa michero nemiriwo zvavanoda pasina mafetireza emakemikari uye vanogara murusununguko chairwo.

Chiitiko cheTehran RawVegans Association Ndakafunga kududzira uye kutsikisa

bhuku rangu muchiFrench, chiGerman, chiSpanish nechiArabic, uye zvakare kugadzira mabhuku kubva kune mavara anonakidza uye kuwedzera basa rangu repasi rose, asi shamwari nevekudya mbishi vakasimbirira kutanga kirabhu muTehran. . Pamwe chete nevamwe vavambi, takaunganidza mari pakati pedu, tikagadzira bumbiro remitemo ndokutanga basa. Ndakapa makamuri angu maviri makuru pauriri hwepasi hwemba yangu nemvura, magetsi uye runhare mahara kukirabhu uye ndakapedza makore maviri nehafu mukutarisira kirabhu uye mbishi resitorendi yevegan. Ndakaunganidza nhengo dzaive dzakatendeka kuhuzivi hwangu nebumbiro renharaunda yedu, uye vaishingaira, vachibatsira, vakaronga misangano yeushamwari, vakataura nezvemibairo yavakawana kubva mukudya mbishi, zvipo zvakaunganidzwa, uye vaiseka semhuri huru uye mune izvi. nzira yatakaunganidza nayo nhengo dzinosvika mazana mapfumbamwe.

Rimwe gore mushure mekuumbwa kweboka, VaJavad Ramezani, uyo airwara zvakaipisisa uye vanachiremba vakanga vamucheka dumbu uye

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duodenum uye akaita shanduko mudumbu rake, akauya kukirabhu paanenge achifa (maererano nezvaakataura) uye akava nhengo, akava mudyi mbishi uye akaponeswa kubva parufu. Aifarira chaizvo zvaiitwa munharaunda uye akasarudzwa senhengo yedare revatungamiriri. Nehurombo, aisambokwanisa kunzwisisa zvakadzika uye zvakapusa uzivi hwembishi veganism. Dzimwe nguva aiti: "Pfungwa yangu haisati yasvika mupfungwa dzaAterhov, inogona kusvika ikoko rimwe zuva." Ndave nemakore ndakamirira mazuva aya, asi pasina. Mr. Ramezani vakati: "Aterhov haifaniri kurwisa vanachiremba nesayenzi yezvokurapa uye kupomera mabasa avo asina kururama." Asi ini ndakanga ndisina pfungwa iyi uye ndaida kuudza vanhu chokwadi.

Apo zviitiko zvekirabhu zvakava kubudirira zvishoma, ndakadurura uriri hwekutanga hwemba yangu, ndikawedzera kumakamuri ekare nechetatu cherendi yaipihwa nemabhuroka, ndikavapa kirabhu (hafu yemba ndeyangu. mukadzi. Handitore rendi kubva kuhafu yangu). Nemari yangu ndimene, ndakazarura suo chairo romugwagwa ndokuvaka kamuri yepasi yakasvika cubic meter 30 nokuda kwokuchengetera, mitezo yenzanga yakanga isingaiti misangano yenguva dzose, takagadza boka ravatungamiriri pakati pemimwe mitezo inoshingaira, uye mukurongana. kuratidza kuna VaRamezani kuti Ari kukanganisa mumaonero avo, ndakamurega achisarudza bhodhi pachake. Akasarudza Dr.

Mohammad Kaar (Purofesa weTehran Medical University) saSachigaro weBhodi reVatungamiriri. Chiremba uyu akanyora bhuku rinonzi "Raw Vegetarianism" rizere nemaforomarabhoritari asina musoro uye asina maturo uye akatambisa nguva yevateereri nehurukuro dzisina maturo. Nenguva isipi akakonzera mheremhere muchikwata zvekuti takatozomudzinga munhengo maererano neChikamu 29 chebumbiro remitemo yekirabhu. Akaenda nevamwe vake vane pfungwa dzakafanana, akaisa mari akavhura club inonzi "Scientific Raw Vegetarianism" paMinister St, munhu wese akarasikirwa ne40 or 50 thousands tomans ndokuvhara, vamwe vanhu vakadembawo basa ravo ndokudzokera kuchikwata chedu. Mr. Ramezani haana kudzidza kubva pakuita kwake kusina kururama, asi pane zvinopesana, panzvimbo yechiremba mumwe, akaunza vaviri kana vatatu vamwe vanachiremba muchikwata kuti vataure.

Kudai vakanga vagamuchira mashoko angu andakanga ndanyora makore akapfuura mubhuku rinonzi Raw-Eating, vazhinji vavanhu vakafa mumakore achangobva kupfuura aya vangadai vari vapenyu zvino. Semuenzaniso Dr. Iqbal, mukuru wehurongwa hwekurapa,

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uyo akandiendesa kudare kuti ndirangwe, asi iye pachake akarangwa muupenyu chaihwo ndokufa. Sezvineiwo, dare rakaramba chichemo chegadziriro yezvokurapa sechisina maturo uye rakatonga richinditsigira. Iyo yekurapa system yaiti ndiri kupindira "sainzi" yekurapa asi ini handina chekuvaitira, ini ndinongoratidza nzira yezvisikwa uye iyi nzira chaiyo inochengetedza vanhu vane hutano uye kuvarapa, uye nekudaro, nzira yekuwana mari yavanachiremba yakavharwa, asi hapana muzvinabhizimisi anoda bhizinesi rake rekuita mari riparadzwe! Mubhuku rinonzi "Raw-Eating" umo uzivi hwechikafu chakabikwa chinodudzirwa uye nekutungamirwa kwebhuku rino, nzanga yemavegan mbishi inoumbwa, mamwe mapoinzi akataurwa anoratidza kusaipa uye kukuvadza kwesainzi yekurapa.

Ndinovimba zvikuru nemafambiro esangano iri nekirabhu nekuti ndinazvo kuratidza matambisiro andakaita nguva yangu yose kwemakore matanhatu, kusaita zvinhu zvepasi rose, kushanda nesimba uye kushandisa mari, asi kuedza kwose uku kwakaparara nokuti vashomanana vaibiridzira, vakatora nharaunda, kirabhu, uye resitorendi nezvinhu zvayo zvose. uye midziyo kubva kwandiri uye nhengo chaidzo dzenharaunda ndokuzvipa kune vanopikisa. VaJavad Ramezani, muzvinabhizimisi akapfuma ane hutsinye uye anoda mari; Haana kukwanisa kunzwisisa zvakadzika zvirevo zveiyo yakapusa uye yakanakisa uzivi hwembishi veganism, zvinopesana nemafungiro angu, akafunga kuti aizosvika kwaaizoenda nekukurumidza kuburikidza nesainzi. Aitenda mumaonero ake zvakanyanya uye aizvivimba zvekuti akafunga kuita chimwe chinhu kundidzinga mukirabhu ndokuzviisa munzvimbo yangu nehuzivi hwake hwesainzi panzvimbo yemutemo wechisikigo. Vakaisa bhuku raDr. Majdi "Idya uye uve akanaka" panzvimbo yebhuku rekudya mbishi uye kutora kirabhu nerubatsiro rwavanachiremba. Kuti azadzise chinangwa chine ngozi ichi, aifanira kushandisa mazana ekutyorwa, kutyora mutemo, kunyepa, kutyisidzira, kumanikidza, kuronga, nezvimwewo. Kutanga, akaedza kubvisa MohammadReza Mahtabi naManouchehr Safarzadeh (nhengo mbiri dzebhodhi revatungamiriri) kubva kwaari. .

VaMahtabi, ane makore 28 okuberekwa injiniya wezvekurima akararama nechirwere cheitsvo chakakomba nekudya chikafu chisina kubikwa, akabatsira kugadzirisa kirabhu kwemwedzi inoverengeka. Aive murume wechidiki ane tarenda aizvikudza aiita zvese zvewaya, pombi dzemvura, pendi nekuveza zvekirabhu achibatsirwa ne

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VaSafarzadeh. Ipapo akatungamirira kirabhu yose neresitorendi kwemwedzi mitanhatu. Akadzidza kugadzirwa kwemasaladhi akaomeswa uye akanyora bhuku rine musoro unoti "Raw vegan foods, the only human food". VaMahtabi vaida kutanga kambani yezvekurima yesosaiti, asi chirongwa chavo chakasiiwa chisina kupera nekuti ivhu chairo harina kuwanikwa; VaMahtabi havana hupfumi hwakanyanya, uye dai takavapa kamari kekutungamirira chikwata ichi tikamuchengeta, chikwata chedu chingadai chisiri mumamiriro ezvinhu anosiririsa, asi VaRamezani vakashungurudzwa zvekuti vakatitiza. uye akaudza shamwari dzake, "Ndichaenda, ndinodya zvakabikwa uye ndofa." Uye akaita zvimwe chetezvo. Akaenda kuKhorramshahr, akawana basa mubhengi reKeshavarzi, akatama kubva pamba, shamwari nevanhu, akagara oga, achibika, uye somugumisiro, chirwere chake cheitsvo chakabudazve ndokumuuraya.

Mr. Manouchehr Saffarzadeh akashanda nesimba kuchikwata uye akabatsira, asi nokuti ainzwisisa huzivi hwakadzama hweveganism yakasvibirira kupfuura zvose uye nguva dzose aidzivirira, yaiva nokuti Mr. Ramezani vakamutarisa semuvengi, nenzira iyi. Bhodhi rakaparadzirwa. VaSafarzadeh vakaenda kuShiraz uye VaAbulfazl Sadarat vakaenda kuna Jahrom, Mr. Ramezani naVaKayhani vakasara, VaAbulfazl Kayhani havasi munhu akakosha, ihama yaVaRamezani neshamwari yake yakavimbika. Ndakaenda kunze kwenyika katatu kana kana panguva ino, vegans mbishi vanondikoka pasi rose, vanoda kundiona, uye dzimwe nguva ndinoenda kunovaona. Mumamiriro ezvinhu aya, VaRamezani vakaona yakavharwa isina chinhu ndokutanga hudzvanyiriri hwavo. Tine bumbiro remitemo rakadhirowewa nevanoziva zvemitemo vakatoona zvose uye vakasimbisa masimba angu kudzivirira kutyorwa kwakadai; Asi VaRamezani havazivi mutemo. Kwaari, chido chake ndiwo mutemo.

Maererano neZvinyorwa 18, 21, ne29, VaRamezani naVa. Kayhani vakadzingwa munzanga zviri pamutemo, uye chiito chiri chose chavaindiitira chakanga chiri pamutemo uye chokumanikidzira. Dai ndaida, ndingadai ndakashandisa simba rangu munguva, ndikavabvisa uye ndikatora hutungamiri hwesangano, asi sezvisinganzwisisiki sezvazvingaita sekuti, ndaiva nechido chakanyanya kuna Mr. Ramezani nokuda kwemweya wake unoshingaira uye une simba, kunyanya. kuti aishingaira uye achibatsira sangano. Akanga aronga musangano mubindu rake. Handina kuda kumugumbura; Ndaigara ndakamirira kuti abvume kukanganisa kwake uye

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Pamwe aindinyomba uye aizviti akachenjera nekuti anobvuma sayenzi yezvokurapa, asi ini handidaro. Iye akati: "Munhu anofanira kushandisa marudzi ese enzira uye zvirongwa zvekurwa." VaRamezani vakagadza mumwe weshamwari dzavo nevaanodzidza navo, VaMostaan, semutarisiri wemabhuku, uyo anotora mari yose yakaunganidzwa kubva mukutengeswa kweresitorendi, hofisi, uye nhengo kubhangi uye anoidururira muakaundi yaVaRamezani. VaRamezani vanoita sei nemari iyi? Hapana anoziva uye asingapindure chero munhu. VaRamezani vakanga vaita chisimbiso; NeSvondo neChipiri kubva 16:00 kusvika 20:00 uye neChina kubva 13:00 kusvika 15:00 hurukuro uye varwere vaiongororwa mahara navanachiremba nevanovaka muviri. Anoisa chidhindo ichi pamapepa andainge ndadhinda nemari yangu, nekuti VaRamezani havashandisi mari pakushambadzira. The medical system yakandipopotera kuti ndiri kupindira pabasa rekurapa, zvino VaRamezani varikuita izvi.

Vakatanga acupuncture mukirabhu kwechinguva; Vakadzi, vana, vakuru nevadiki, vakagara pamadziro vakabayiwa tsono munzeve, mhino, miromo, huma, maoko nemabvi sezviumbwa zvisingatauri! Vakanga vakamirira kuti chirwere chisvetuke kubva pamuromo wetsono kuti chivaponese!
Imhandoi dzezviratidziro zvinosetsa zvisingaunzi kusaziva kwevanhu vakabikwa? Dr. Nawab akapa hurukuro kuburikidza nemutauri wekirabhu uye akazivisa kuti haabvumirane nemafungiro aHovannessian. Zvakanaka, VaNawab, kana musingabvumirani nehuchenjeri hwangu, muri kuitei muchikwata ichi? Kune mamirioni avanhu munyika vanopokana neraw veganism philosophy, vese vane kodzero yekupinda kirabhu yedu uye kutaura kupokana nesu? Pandakabudisa chiziviso pamusoro pezviri kuitika izvi kuti ndizivise nhengo, izvi zvakatsamwisa VaRamezani; Akachinja chikiyi chemusuwo wechivanze, ndakachifoshora ndikasima maruva, kuti ndisapinde pachivanze kunodiridza bindu; Musuwo wehofisi yangu wakakiiwa uye ndakatozovhura gonhi idzva rehofisi yangu kubva mukoridho. Mukova wekupinda wekirabhu kubva mukoridho wakakiyiwawo kubva kumashure.

Yakanga yave nguva yekusarudza bhodhi idzva revatungamiriri. VaRamezani vakabvunza vamwe vanhu kugadzirira kukoka. Mapepa ekukoka akanyorwa oiswa mumahamvuropu. VaRamezani vakaenda nemahamvuropu aya kumba kwavo kuti vanodhinda nekumaisa, asi hapana kana rimwe rawo rakaiswa, zvekuti hapana

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venhengo dzeungano vaiziva nezvokusarudzwa kweboka idzva revatungamiriri. Pamazuva aya VaRamezani vainge vatora mapepa ese enhengo idzi vakaenda nawo kumba kwavo. Akanga araira VaMostaan kuti vasagamuchire munhu senhengo. Iyi imhosva huru. Mumwe akabvunza VaRamezani kuti pane mumwe muchinda aida kuita nhengo, sei musina kubvuma? Iye akapindura, akati, "Handina kufarira chitarisiko chake." Hapana mudzvinyiriri munyika anoda kupa mhinduro isina kunaka yakadaro. Kumba kwavo VaRamezani vakakoka shamwari, vavazivikanwi, vavakidzani, hama, nevamwe vanhu kuti vauye kugungano ndokupa mumwe nemumwe wavo kadhi rekuva nhengo kuitira kuti vapinde muchikwata vachimuvhotera pazuva resarudzo.

Pazuva rakagadzwa resarudzo, VaRamezani vanopinda muchikwata neboka rekunyepedzera kudya mbishi uye zvinyorwa zvebumbiro idzva, ine zita idzva, ine muzinda mutsva uye nehuzivi hutsva, iyo yakapfuudzwa naVaRamezani mumba mavo nevhoti imwe chete "yakavanzika". Akasuma boka ravanachiremba nevamwe iro iye pachake akanga asarudza nevhoti "yakavanzika" uye akati: "Ani naani anobvumirana, simudza ruoko rwake." Mamercenaries akati wandei vakasimudza maoko vachishamisika uye M Ramezani anozivisa kuti: "Zvakabvumirwa." Nhengo dzinoverengeka chaidzo dzekirabhu, dzakaratidzira. Ndakapinda mukirabhu kubva kumba kwangu ndikazivisa kuti VaRamezani vakarambwa kubva munharaunda kwenguva refu, saka havana kodzero yekuvhota kana kusarudza nekusarudzwa. Sarudzo iyi haisi pamutemo uye yemanyepo. VaRamezani vakanyoresa sarudzo iyi uye hatina kupikisa nekuti sangano idzva iri harinei neredu. Iyi inharaunda itsva ine zita idzva, ine chinangwa chitsva, ine nzvimbo itsva, ine bumbiro idzva remitemo, ine mabhuku matsva, ine muvambi mutsva nemunyori. Munhu wose akasununguka kuzvisarudzira chinangwa, kuunganidza vanhu vashoma vane pfungwa dzakafanana kumativi ake, kuumba sangano uye kuinyora; Asi munhoroondo, hazvina kuonekwa kuti boka risiri pamutemo rinopinda muhuwandu hwevashori varo, rinoronga sarudzo dzenhema pacharo, rinobvisa mavambo makuru enzanga, uye rinotora zvinhu zvose zvevanhu vepakutanga. Izvi zvakafanana kana muvengi akakomba guta, vashoma vanogara muguta vanovhura gedhi vopa guta kuvavengi. Sosaiti inodya mbishi inopesana nemabasa asina kunaka avanachiremba. Chitsauko 17 cheBumbiro reMitemo chinoti: "Chokwadi mbishi vegan h

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anorwara uye haadi kurapwa uye kurapwa."
Nezve tsaona uye tsaona, isu tinodzidzisa mbishi vegan vanovhiya vanozoshanda pasina mishonga inorwisa mabhakitiriya, isina serum uye isina mapuroteni emhuka.

Vanonditi "sei muchipokana nemadoctors aya mbishi vanodya uye vanotaura nezvezvokudya mbishi?" Hachisi chokwadi. Dr. Majdi anoudza vanhu kuti: "Dzimwe nguva munogona kudya zvakabikwa, hapana dambudziko." Uye anozvidya pachake, Dr. Nawab anotenda kuti zvokudya zvisina kubikwa zvinofanira kutangwa zvishoma nezvishoma. Kubva pachitarisiko uye chitarisiko chaDr. Rashti (mumwe wenhengo itsva dzebhodhi), zvinogona kunzwisiswa kuti haasi vegan mbishi. Vana chiremba ava vaita kuti kirabhu yechikafu chive muzinda wekushambadzira uye kuunganidza vatengi kuhofisi yavo kuti vawane mukurumbira. Dr. Nawab vave sachigaro weboard of directors, hutungamiri hwavo huchange huchii? Kungoti anotaura nezveprotein nemavhitamini kweawa imwe pasvondo uye ndizvozvo? Mutungamiriri wenyika ndiye anofanira kutungamira zvinhu zvechikwata.

Ndinoshamisika kuti sei Dr. Majdi, Dr. Nawab, Dr. Rashti uye rimwe bhodhi nhengo dzakasarudzwa naVaRamezani, zvisinei kuti dzinopesana sei nehuchenjeri hwangu, vakabvuma sei kutora chikamu muiyi sarudzo yenhema neichi chiitiko chinonyadzisa uye kubvisa Hovannessian, muvambi uye munyori wechigarire wesangano? Vakatsiva vavambi, vakatora kirabhu yandakagadzira ndikakwanisa kwemakore matanhatu kubva mumaoko angu, uye vakatora nechisimba kirabhu nemidziyo yayo yese nezvivakwa. Kushamwaridzana kwedu hakudi zvidzidzo zve "sainzi". Apo patinogamuchira murairo wechisikigo *"usadya zvinhu zvakabikwa, usadya mhuka, idya mbishi chikafu chevegan sezvaunoda uye chero chaunoda."* Hapana chimwe chatinofanira kunzwa.

VaRamezani vanofungidzira ivo musayendisiti. Apo vanodya mbishi vanondikomberedza uye vanobvunza mibvunzo, VaRamezani vanopinda muhurukuro uye vanotaura nezveglucose uye glucogen. Rimwe zuva tichinetsana, VaKayhani vakatanga kundituka. Akasimudza ruoko rwake ndokudanidzira kashanu kana katanhatu: "Armenian, Armenian, Armenian." Sokunge Armenian rudzi rwekutuka! Ndinodada kuva muArmenia uye ndinodada kuva Aryan uye ndinogara muPersia. Vanhu vokuArmenia havana kumbobatwa zvisina kunaka nevamwe vanhu vokuPezhiya uye vakagara vachinakidzwa nokuremekedzwa kwavo. Kugadzira ruvengo pakati pemarudzi ndechimwe chezvinhu zvakaipisisa. Zvakafanana

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zuva pamusangano webhodhi, panguva yekukakavadzana, Dr. Kaar akatadza kugadzikana kwechinguva ndokutanga kunditukа zvandaingonzwa kubva mumiromo yevanhu mumugwagwa muupenyu hwangu. Ndakagara zvangu ndakanyarara ndichiona munhu airemekedzwa uyu arasika ndikasanzwisisa zvaaitaura. Akarovera maoko patafura ndokuti: "Iwe kwira unogara muimba yako, heino yedu, kwete yako." Nokuti munguva yakapfuura, akanga ademba mufambiro wake ndokundimbundira, kunditsvoda nokukumbira ruregerero, ndakamuregerera; Asi kechipiri zvakabuda zvachose kunze kwemiganhu. Taifanira kumudzinga pamwe chete naVaAzdanlou, kwete chete kubva kubhodhi revatungamiriri, asiwo kubva munhengo yesangano.

Kuti vandisvotese, VaRamezani havana kundibhadharira rendi yechishanu mwedzi. Rimwe zuva akapenga mukirabhu uye paakandiona ndichitaura nevanhu vashoma nezvekudya mbishi, akashevedzera "Ibva pano." Ipapo akarayira mushandi waakanga achangobva kupinza basa: “Kanda izvi kunze. Mushandi uyu akandisundidzirawo ndokundikanda kunze kwemanera emusuwo wekupinda nawo, ndikawira pasi musoro wangu ndokurova mudhudhudhu ndokukuvara. Dai ndisiri munhu anodya chikafu mbishi, ndingadai ndakarohwa nesitiroko. Takaenda kukamba yemapurisa uye kubva ipapo kuenda kumuongorori wezvokurapa, mushandi uyu aida kuzvisunungura uye akadzokorora nenzwi guru: "Aterhov inoti kana ukabata tafura, iwe uchaderedza uremu." Akanga adzidza zvakawanda kubva mukudya mbishi! VaRamezani vakadawo kuratidza mamwe mapepa kumuferefeta, asi muongorori akaadzosera kumashure. Chokwad Ramezani aida kuratidza bumbiro rake rine mukurumbira uye kuratidza kuti ndiye munyori wenharaunda uye ini ndini ndinonetsa. Chii chandaigona kuita pano? Ndakaregerera ndikabuda; Ichi chaive chiitiko chekupedzisira chezvinosetsa kana njodzi here? Handizive; VaRamezani vanofanira kupindura. Akandityisidzira kakawanda kuti aizoita chimwe chinhu kundimanikidza kutiza muPersia ndisina kupfeka! Pamwe itsika yake nekuti ane musengwa weupenyu hwake kuhuzivi hwangu. Uyuwo rudzi rwekutenda. Pavanomubvunza kuti: "Zvino Aterhov aripi?" Anopindura kuti: "Anopesana nesayenzi." *Pano ini ndinozivisa kuti chero kukuvadzwa kuhupenyu hwangu uye pfuma kunobva kwaari (kana mamwe maajenti ekupinda).*

Hudyire uye ruvengo rusina kuchenjera zvinosunda vamwe vanhu kusvika pakuti bhuku rangu renhare rine mazita enhengo dzese.

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akanyoreswa uye mapepa maviri azere netsamba dzechiRungu (anenge chiuru) haapo muhofisi yangu. Ini handigone kutaura kuti chiitiko ichi chakashata uye chisina kukodzera chingave chaani, asi ndinoziva izvi zvakanyanya kuti ibasa remunhu anoda kuonana nevateveri veveganism mbishi uye kuvashungurudza. Zviri pachena kuti munhu akazviba haakwanisi kuzvishandisa pachena. Ani nani akaita izvi, azviita nokusaziva. Ndinoregerera uye ndinokumbira kuti kana achinzwa hunhu hudiki mumwoyo make, mushure mekunge awana zvaanoreva kubva kwavari, atumire mabhii aya kwandiri; nekuti mavara aya achave akakosha zvakanyanya uye akakosha kwandiri uye kune nhoroondo yembishi veganism mune ramangwana.

Sezvo ini ndisingaendi kukirabhu, vanhu vanorapwa vanouya pauriri hwechipiri hweimba yangu kuzopa kutenda uye kuwana ruzivo uye kutenga mabhuku. Takaumba nzanga ine uzivi hwakanyorwa mubhuku rezvokudya mbishi. Ani nani asingagamuchiri bhuku rino haakwanisi kuve nhengo yenharaunda ino. Vanachiremba vanoda kuve nhengo dzesangano re raw vegans, vanofanirwa kuvhara mahofisi avo uye kwete kunyora mishonga kana chepfu kuvarwere, asi ivo vanachiremba mushure mezvose uye havagone kusiya ruzivo rwavo rusina kururama zvachose, uye kana vakadaro, havana chavangaite. ita uye usashaya chekutaura. Vanodzidzisa mukirabhu yedu nezve mavhitamini, mapuroteni uye zvimiro zvezvirimwa. Aya mazwi angori zvisina maturo, ngano, fungidziro uye manyepo. Pakutanga, vaidzidzisa katatu pavhiki, gare gare zuva rimwe pavhiki uye kweawa imwe chete. Nenguva isipi vanhu vachaneta nekunzwa mashoko aya vobva vapererwa nemashoko, ko vozoita sei? Vanogona kunyengedza vanhu zvakadii?

Mushure mezvose, kana zuva, Ramezani anodzamisa zvidzidzo zvake uye anogamuchira zvikanganiso zvake, ~~anorega~~ *sayenzi yezvokurapa,* anodzokera kune zvakasikwa uye anozviisa kune mitemo yezvakasikwa, isu takasununguka kumugamuchira uye ini ndichafuratira izvo zvakaoma zvakaitirwa kwandiri; Iko hakuna chigumbu muhutsika hwechokwadi mbishi vegans, isu tinoregerera.

Raw-Veganism yakamira kumusoro kupfuura zvimurenga zvose munhoroondo

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Ms. Astrie neboka revana mbishi-vegan vanobva kunzvimbo yenherera

Boka revana mbishi-vegan paNancy Anna Zabler nherera muAustralia

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Arshavir Ter Hovannessian

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Muenzaniso womunhu wechokwadi, muvambi wenyika itsva isina hosha, urombo, nzara, hondo nokuponda, muenzaniso wenyama yakasvibira yakakwana yezana ramakore rechi 20, Anahit , 20-mwanasikana weAterhov ane gore , asina kumbobvira adya chimedu chimwe chezvinhu zvakabikwa uye haana kumbotora chero mishonga kana majekiseni.

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Anahit ane makore gumi nemashanu (mufananidzo une ruvara)

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Anahit ane makore 10 (pikicha ine mavara)

Logo ye Tehran Raw-Eating Society

Tehran - 1976

Arshavir Ter Hovannessian, Tehran city, Karim Khan Blvd, Sanaei St, Sanaei SQ, No.2.

Taura: 828878

Siginicha yemunyori

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Dear mothers, note well:

If you want your child to be born healthy and live a healthy life, you should feed her/him with natural nutrition from the uterus time.

If the mother's milk is made from dead food, then it's poisonous for baby.

Your baby hates cooked food as much as she/he hates cigarettes, alcohol and drugs.

Accustoming a baby to dead food is one of the most terrible sins.

Raise your children like Anahit, healthy and happy.

Raw Veganism, shanduko kuburikidza nekushanduka